



Department
for Education

**Five
to Twelve**

Where to get support

Information for participants



Thank you for your help with this study. The interview may have raised issues that you would like further advice or help about. This information sheet provides you with some useful telephone numbers and services.

If you would like to find out more information about Five to Twelve you can visit our website www.natcen.ac.uk/taking-part/studies-in-field/fivetotwelve. If you have any further questions about the research study please email FiveToTwelve@natcen.ac.uk.



Childline

Free and confidential support for anyone under 19 in the UK about any issue you're going through

Website: www.childline.org.uk

Helpline: **0800 1111**

Citizen's Advice

Provides confidential advice online about a range of issues

Website: www.citizensadvice.org.uk

Helpline: **0800 144 8848**

Family Lives

Support people with all aspects of family life

Website: www.familylives.org.uk/how-we-can-help

Helpline: **0808 800 2222**

email: askus@familylives.org.uk

Men's Advice Line

Provides advice and support for all men experiencing domestic violence.

Website: www.mensadviceline.org.uk

Helpline: **0808 801 0327**

Email: info@mensadviceline.org.uk
(open Mon–Fri, 9am–8pm).

Mind

Support anyone with a mental health problem

Website: www.mind.org.uk/information-support/

Helpline: **0300 123 3393**

email: info@mind.org.uk

National Domestic Abuse Helpline

Support victims of domestic abuse and violence

Website: www.nationaldahelpline.org.uk

Helpline: **0808 2000 247**

Relate

Provides relationship support

Website: www.relate.org.uk/relationship-help/talk-someone

Shelter

Free housing advice

Website: www.shelter.org.uk

Emergency helpline: **0808 800 4444**

Stepchange

Provides free expert debt advice

Website: www.stepchange.org/contact-us.aspx

Helpline: **0800 138 1111**

Working Families

Advice for working parents and carers

Website: workingfamilies.org.uk

Helpline: **0300 012 0312**

Young Minds

Provide confidential advice if you are concerned about the mental health of your child

Website: youngminds.org.uk/contact-us