

F-TEC - Keeping Safe at Christmas

December 2024



The festive season can be an emotive time of year, with lots going on, it is with this in mind we have put together a list of contacts should you have any issues or need for support.

We hope you keep safe and well throughout the festivities.
From all of us here at F-TEC we hope you have a Wonderful Christmas.

Mind - Mental Health

[Mind Website](#)

0300 123 3393

Crisis - Homelessness

[Crisis Website](#)

Domestic Abuse Men – Respect Men’s Advice Line

[Respect Men’s Advice Line Website](#)

info@mnsadviceline.org.uk

0808 801 0327

Domestic Abuse Women - Refuge

[Refuge Website](#)

[Live webchat](#)

0808 2000 247

Samaritans – Suicide

116 123

[Samaritans Website](#)

Turning Point – Substance Abuse Support

[Turning Point Website](#)

The Mix - Welfare

0808 808 4994

[The Mix Website](#)

Young Minds – Welfare

0808 802 5544

[Young Minds Website](#)

Childline – Welfare

0800 1111

[Childline Website](#)

Ben – Support for Life, Supporting the automotive industry

0808 1311 333

[Ben Website](#)

