

F-TEC - Keeping Safe at Christmas

December 2025



The festive season can be an emotional and challenging time. With so much going on, it's important to know that support is available should you or someone you know need it.

Below is a list of useful contacts offering help and advice across a wide range of areas. Please don't hesitate to reach out if you are struggling, you are not alone.

We hope you stay safe and well throughout the holidays. From all of us at F-TEC, we wish you a peaceful and happy Christmas.

Mental Health Support

Mind

Website: www.mind.org.uk

Helpline: 0300 123 3393

Samaritans – For anyone in crisis, 24/7

Website: www.samaritans.org

Phone (free): 116 123

SHOUT – 24/7 text support

Text: 'SHOUT' to 85258

Website: www.giveusashout.org

Domestic Abuse Support

Refuge – Women's Domestic Abuse Support

Website: www.nationaldahelpline.org.uk

Live Webchat Available

Freephone: 0808 2000 247

Respect – Men's Advice Line

Support for men experiencing domestic abuse

Website: www.mensadviceline.org.uk

Email: info@mensadviceline.org.uk

Freephone: 0808 801 0327

Galop – Support for LGBTQ+ individuals affected by abuse

Website: www.galop.org.uk

Helpline: 0800 999 5428

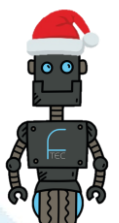
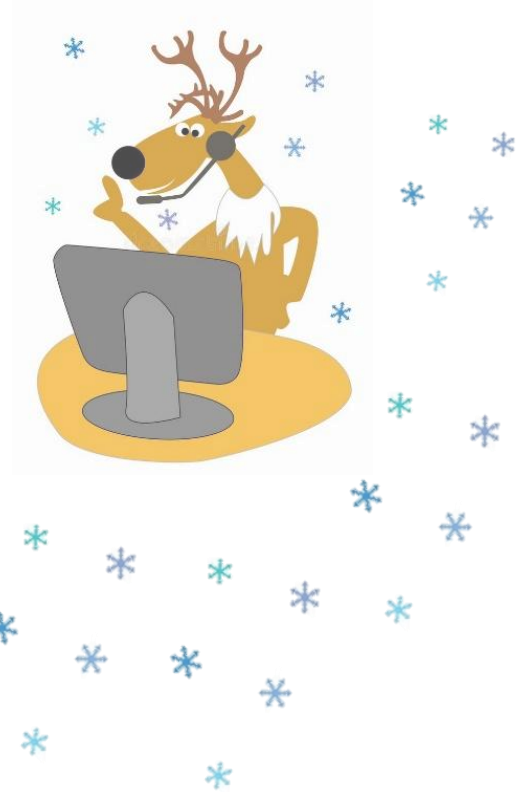
Homelessness Support

Crisis – National charity for people experiencing homelessness

Website: www.crisis.org.uk

StreetLink – To help connect rough sleepers with local services

Website: www.streetlink.org.uk





Substance Misuse Support

Turning Point – Drug and alcohol support

Website: www.turning-point.co.uk

Talk to Frank – Drug advice and information

Website: www.talktofrank.com

24/7 Helpline: 0300 123 6600

Support for Children and Young People

Childline

Website: www.childline.org.uk

Freephone: 0800 1111

YoungMinds – Mental health support for young people

Website: www.youngminds.org.uk

Parent Helpline: 0808 802 5544

The Mix – Support for under-25s

Website: www.themix.org.uk

Freephone: 0808 808 4994

Financial and Welfare Support

Citizens Advice – Help with benefits, housing, work, and legal issues

Website: www.citizensadvice.org.uk

Advice Line: 0800 144 8848

StepChange – Debt advice and budgeting support

Website: www.stepchange.org

Automotive Industry Support

Ben – Support for Life

Supporting people working (or who have worked) in the automotive industry

Website: www.ben.org.uk

Helpline: 0808 131 1333

If you are ever in **immediate danger** or need **emergency assistance**, please call **999**.

