

# Support Services and Resources

This document provides a range of self-help guides and links to resources designed to assist with various personal challenges:

**Mental Health**

**Debt/Finances**

**Homelessness**

**Diet**

**Sleep**

If there's anything further, you'd like advice or guidance on, or if you'd like to explore additional support options, please don't hesitate to reach out to us.

Ways to access support if you are worried for yourself or someone else:

- Email [safeguarding@qa.com](mailto:safeguarding@qa.com)
- Complete a [Safeguarding Self-Referral Form](#) if the concern relates to you.
- Complete a [Safeguarding Referral Form](#) if you are worried about someone else.

Concern	Support Resource	Description of resource
Anxiety	<p><a href="https://www.the-well.com/editorial/what-is-eft-tappingwell.com">All About Tapping (EFT) for Anxiety   The WELL</a> (the<a href="https://www.the-well.com/editorial/what-is-eft-tappingwell.com">https://www.the-well.com/editorial/what-is-eft-tappingwell.com</a>)</p> <p><a href="#">Finger Tapping for INSTANT RELAXATION! ( EFT, Emotional Freedom Technique HappiMe App) - YouTube</a></p>	<p>The Tapping technique can help manage stress, reduce cortisol levels, and improve anxiety. Tapping is a gentle and easy to-follow technique, anyone struggling with stress, anxiety or pain can benefit from it.</p> <p>A YouTube tutorial on finger tapping for instant relaxation.</p>
Anxiety	<p>Mind <a href="#">Anxiety and panic attacks - Mind</a></p>	<p>Explains anxiety and panic attacks, including possible causes and how you can access treatment and support. Includes tips for helping yourself, and guidance for friends and family.</p>
Anxiety	<p>Breathing exercises - <a href="https://www.nhs.uk/mentalhealth/self-help/guides-tools-and-activities/breathing-exercises-for-stress/health/self-help/guides-tools">https://www.nhs.uk/mentalhealth/self-help/guides-tools-and-activities/breathing-exercises-for-stress/health/self-help/guides-tools</a><a href="https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/breathing-exercises-for-stress/and-activities/breathing">https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/breathing</a><a href="https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/breathing-exercises-for-stress/exercises-for-stress/">https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/breathing-exercises-for-stress/exercises-for-stress/</a></p>	<p>This calming breathing technique for stress, anxiety and panic takes just a few minutes and can be done anywhere.</p> <p>Explains how box breathing works</p>

	<p><a href="#">Box breathing – Box Breathing Techniques and Benefits (verywellmind.com)</a></p>	
Motivation/Depression	<p><a href="#">Depression self-help guide   NHS inform</a></p> <p><a href="#">How To Get Motivated When Depressed: A Comprehensive Guide - The Oak Tree Practice</a></p>	<p>This guide aims to help you: find out if you could have symptoms of depression understand more about depression find ways to manage or overcome depression</p> <p>A Comprehensive Guide on how to improve motivation when feeling depressed</p>
Depression/ Low mood	<p><a href="#">MoodTools - Feeling sad or depressed? Lift your mood with free, evidence-based tools.</a></p>	<p>Improve your mood by analysing your thoughts and identifying negative / distorted thinking patterns based on principles from Cognitive Therapy</p>
Depression	<p><a href="#">Mental health problems   Depression explained - Mind - Mind</a></p>	<p>Information about depression, its symptoms and possible causes, and how you can access treatment and support. Includes tips on caring for yourself, and guidance for friends and family.</p>
Stress	<p>Stress Container</p> <p><a href="https://mhfaengland.org/mhfa-centre/resources/address-your-stress/whats-in-your-stress-container.mp4">https://mhfaengland.org/mhfa-centre/resources/address-your-stress/whats-in-your-stress-container.mp4</a></p> <p><a href="https://mhfaengland.org/mhfa-centre/resources/address-your-stress/whats-in-your-stress-container.mp4">https://mhfaengland.org/mhfa-centre/resources/address-your-stress/whats-in-your-stress-container.mp4</a></p> <p><a href="https://mhfaengland.org/mhfa-centre/resources/address-your-stress/whats-in-your-stress-container.mp4">https://mhfaengland.org/mhfa-centre/resources/address-your-stress/whats-in-your-stress-container.mp4</a></p> <p><a href="#">The Stress Container   A Helpful Model To Help Manage</a></p>	<p>Two videos explaining the stress container, allows you to reflect on your issues overall and unpick each one to address them.</p>

	<a href="#">Stress &amp; Support Mental Health. - YouTube</a>	
Loneliness	<a href="#">Get help with loneliness   British Red Cross</a>	A guide on local support services, workshops and resources to help you deal with and overcome loneliness
Diet	Tips for maintaining a good diet - <a href="#">8 tips for healthy eating - NHS (www.nhs.uk)</a>	Tips on keeping a healthy diet and making healthier decisions
Sleep	Sleep Hygiene <a href="https://www.risescience.com/blog/how-to-sleep-early">https://www.risescience.com/blog/how-to-sleep-early</a>  <a href="#">Why am I tired all the time? - NHS (www.nhs.uk)</a>	Information about how to improve your sleeping pattern and help falling asleep.  What may be contributing to your tiredness – identify the problem.
Debt/ Finance	Step Change - <a href="#">Get Debt Help. Our Free Debt Advice. StepChange Debt Charity</a>	Advice on how to deal with your debts and get the support you need. You can get advice online or over the phone at a time that suits you, and after we've looked at your budget, we'll recommend a range of practical debt solutions based on your situation.
Debt/ Finance/cost of living	Citizens Advice Bureau <a href="#">Benefits - Citizens Advice</a>  <a href="#">Debt and money - Citizens Advice</a>	Advice and help with budgeting your finances  Information on support for cost of living and guidance on you need to how to deal with debt problems, how to avoid losing your home and how to get your finances back into shape.
Homelessness	<a href="#">Get help from Shelter - Shelter England</a>	One-to-one, personalised help with housing issues and homelessness.  Free emergency helpline offers urgent advice if you are homeless, have nowhere to stay tonight or are at risk of harm or abuse in your home.

		Free legal advice and attend court to help people who've lost their homes or are facing eviction.
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### Further Resources

Visit our learner portal for Information, advice and activities to help prioritise your wellbeing during your apprenticeship programme, including workload management, handling stress, and external support services. [Apprentice learner's portal](#)

### Reminder:

For safeguarding support please contact [safeguarding@qa.com](mailto:safeguarding@qa.com) for further advice and support or make a referral via these links:

- [Staff/Employer/Peer Referral](#)
- [Learner Self-Referral](#)
- [Low level & Behavioural Concern](#)

