

Training and Support Options

Below is a list of organisations that provide training and support for you and your employees. Many of these charities and companies can assist with policy development, offer training on preventing and addressing workplace bullying, and provide resources for dealing with other safeguarding and welfare issues. They also offer support for individuals who have experienced harassment, sexual assault, or other welfare concerns. Each organisation has its own area of expertise, so this is not an exhaustive list, but a helpful guide to explore the available options and find the support you need.

Training and Support

It Stops With Me

It Stops With Me is a campaign aimed at combating bullying and harassment in the workplace. They provide resources, training, and support to create safer and more respectful work environments.



Resources:

- Advice on handling workplace bullying and harassment.
- Educational materials related to workplace bullying and harassment.
- Toolkits for businesses
- Resources for reporting bullying and harassment.

Useful Links:

- [Online resources | IT Stop with me \(itstopswithme.net\)](https://itstopswithme.net)
- [Download Assets | IT Stop with me \(itstopswithme.net\)](https://itstopswithme.net)
- [PowerPoint Presentation \(itstopswithme.net\)](https://itstopswithme.net)

Mind

Provides support for mental health issues, including workplace stress, bullying, and harassment.



Resources:

- Types of mental health problems, A-Z mental health, drugs and treatments, and tips for everyday living
- Online peer support, support and services, helping someone else, helplines
- Introduction to mental health, how to get help and support, understanding your rights
- Helplines – support and info

Useful Links:

- [A-Z of mental health – Mind](#)
- [Helping someone with a mental health problem – Mind](#)
- [Disability discrimination at work - overview – Mind](#)
- [Guide 9: Safeguarding and mental health – Mind](#)

Women's Aid

Supports women facing domestic abuse, which can affect their employment. They provide resources and advocacy for women dealing with harassment and discrimination at work.

women's aid
until women & children are safe

Resources:

- Facilitator training
- Paid for courses
 - understanding coercive and controlling behaviour,
 - understanding domestic abuse: a survivor-centred response
- Signposting to support

Useful Links:

- [The Survivor's Handbook – Women's Aid \(womensaid.org.uk\)](#)
- [Training – Women's Aid \(womensaid.org.uk\)](#)
- [Live Chat Safeguarding and Confidentiality – Women's Aid \(womensaid.org.uk\)](#)

Training

The Fawcett Society

The Fawcett Society is the UK's leading membership charity campaigning for gender equality and women's rights at work, at home and in public life

Fawcett ▶
Equality. It's about time.

Resources:

- Sexual harassment policy and support for employers
- Training on best practices and preventing workplace sexual harassment, policies, reporting processes, and response handling that enable that change.

Useful Links:

- [Tackling Sexual Harassment in the Workplace \(fawcettsociety.org.uk\)](#)
- [Tackling Sexual Harassment in the Workplace Toolkit \(fawcettsociety.org.uk\)](#)

Pubwatch

Pubwatch is a voluntary organisation that helps pub owners and operators create safer environments. They promote best practices, share information, and work with local authorities to reduce crime and antisocial behaviour.



Resources:

- Good practice guide, Drinkaware's publican training guide (for businesses)
- Evaluation toolkit, guide to set up a Pubwatch, managing safety guide
- Posters, window stickers for establishments
- Policy docs, reporting mechanism (Crimestoppers anonymous line)
- Drinkaware vulnerability training (30 mins e-learning course for all staff), drink spiking information

Useful Links:

- [National Pubwatch Resources – Resources – National Pubwatch](#)

Support

Royal Agricultural Benevolent Institution

The Farming Community Network (FCN) is a UK-based charity that offers support to farmers and their families facing challenging times.



Resources:

- Counselling, online chat support, mental health training, information advice and guidance.
- Private and confidential chat support with farming informed counsellors.

Useful Links:

- [RABI Click & Chat: Online mental well-being service for farmers](#)

The Drinks Trust

The Drinks Trust is a charity dedicated to supporting individuals who work in the drinks industry, including those in the wine, spirits, and broader beverage sectors. It provides a range of support services aimed at improving the well-being and welfare of people within the industry.



Resources:

- Text for support - Whatsapp "Hi" to 07418 360 780
- Support phone line: 08009154610
- Practical advice sessions, 1-1 therapy

- Well-being Business Advisory Programme, support for businesses in designing and executing a meaningful well-being strategy.

Useful Links:

- [Get Help | The Drinks Trust](#)
- [Restore | The Drinks Trust](#)
- [Well-being Business Advisory Programme | The Drinks Trust](#)

Citizens Advice

Citizens Advice is the national body for bureaux and is a registered charity. They are here to help everyone who needs it with practical advice. Their national charity and network of local charities offer confidential advice online, over the phone, and in person, for free.



Resources:

- Provides free, confidential advice on a wide range of issues, including work disputes, employment rights, and bullying and harassment in the workplace.
- They offer support for minority groups facing discrimination.

Useful Links:

- [Get help if you've experienced a hate crime or hate incident – Citizens Advice](#)
- [Check if a business has discriminated against you because you're transgender – Citizens Advice](#)
- [Domestic violence and abuse – getting help – Citizens Advice](#)
- [Rape and sexual assault – Citizens Advice](#)
- [Discrimination by a business or service because of pregnancy or maternity – Citizens Advice](#)

Information

Government Website

The best place to find government services and information



Resources:

- Signposts to location specific safeguarding reporting and support mechanisms
- Specific guidance for people in customer services

Useful Links:

- [Customer Services safeguarding strategy \(accessible version\) – GOV.UK \(www.gov.uk\)](#)
- [District Provision Tool – Safeguarding – Guidance – GOV.UK \(www.gov.uk\)](#)

NCVO

A membership organisation for charities, voluntary organisations and community groups – full of useful resources available to everyone.



Resources:

- Overview on what safeguarding is, examples, and signpost to resources

Useful Links:

- [What is safeguarding? | NCVO](#)

Information and Training

The Access Group

The Access Group provides business management software solutions as well as training for the hospitality industry.



Resources:

- Examples of who needs safeguarding protection, why, and what abuse can look like.

Useful Links:

- [Safeguarding in the workplace | Blog | The Access Group](#)

Acas

Acas gives employees and employers free, impartial advice on workplace rights, rules and best practice. They also offer training and help to resolve disputes.



Resources:

- Free advice on employment rights, rules and best practice
- Templates for forms and policy documents to adapt
- Dispute resolution services
- Training courses, events, tailored support

Useful Links:

- [Work and employment law advice | Acas](#)
- [Template letters, forms and HR documents | Acas](#)
- [Dispute resolution | Acas](#)
- [Training | Acas](#)