



Helpline

Free. Confidential.

INFORMATION, ADVICE AND
COUNSELLING SERVICE

Here to help,
every day



Printing Charity

Welfare. Education. Heritage.

About us

We have been supporting people in the sector since 1827. Our aim is to help those in genuine need across the whole sector from printing, paper, publishing and packaging to the supply chain and allied trades. As well as the helpline, our support includes welfare grants for people in crisis and partnerships to champion careers in the sector.

Who can use the helpline?

If you work in the sector, or have retired from it, the helpline is open to you and your immediate family members.

Helpline



- Confidential help when you need it
- Emotional support 24/7 365
- Practical advice Mon-Fri 8am-8pm

www.theprintingcharity.org.uk/helpline



The Printing Charity's helpline provides confidential, emotional support **365 days a year**, free to access whenever you need it. You don't need permission from your manager or organisation before contacting us. The helpline also gives you access to practical information and advice on areas including:

Family and Personal:

Relationships, Divorce, Child Support, Domestic Violence, Childcare, Eldercare, Community Care, Changing a Name

Personal finance:

Credit, Loans, Debt Consolidation

Workplace:

Bullying and Harassment, Maternity Rights/Pay, Sick Pay, Health and Safety at Work, Critical Incidents

Wellbeing:

Mental Health, Physical Health, Stress and Anxiety, Work/Life Balance



Information and advice

Available:
Monday-Friday, 8am-8pm

Our information and advice specialists are here to help you find practical ways forward when you feel unsure of what to do or just overwhelmed by problems. Sometimes, having the information to make a sensible plan, and some support in doing so, is all it takes to help you feel more in control.

Available **Monday to Friday, from 8am to 8pm**, our knowledgeable advisors will try to find what you need to help you move forward.

Booklets

Printed advice booklets are also available on request, covering:

Childcare

Debt

Elderly relatives

Family Breakdown

Drinking

Bereavement



Emotional Support

Available:
24 hours a day

All our counsellors are members of, and accredited to, the **British Association for Counselling and Psychotherapy (BACP)**, with extensive experience and expertise. You can discuss anything that may be troubling you, from relationships and stress, to work related issues including bullying, harassment, or changes at work. Whatever your situation, our friendly team are here to help, **24 hours a day, every day.**

Confidentiality

The helpline is **completely independent**, and your call is treated in confidence in accordance with the BACP Ethical Framework. When you call you may be asked the name of your company - this is purely for statistical use. We **will not** pass information to your employer.

Free, confidential helpline

- **Wellbeing**
- **Family & Personal**
- **Personal finance**
- **Legal**
- **Changes at work**
- **Counselling**

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**The helpline can be accessed via telephone or
typetalk and minicom for people with hearing
difficulties. We also have an interpreter
service in 150 languages.**

