



## Safeguarding Policy

We want to promote the welfare and safeguarding of all our members and users of our website, apps, services and materials. We believe that our members should never experience any form of abuse, discrimination, harassment or victimisation.

We recognise that ignoring abuse is not an option and any concerns for the wellbeing or safeguarding of members must be reported and acted upon. All members have equal right to protection from harm regardless of race, gender, religious belief, disability, age, sexual orientation or identity.

In addition to the above, the Association recognises the additional responsibility for any member who is a child, young person or vulnerable adult.

If you experience anything that concerns you or you find abusive or discriminatory on any of the Association's platform, please report it immediately to:

[members@associationofapprentices.org.uk](mailto:members@associationofapprentices.org.uk).

### Where to go for immediate assistance

Any member of the Association's website, apps, services and materials that needs immediate support should make use of the following services:

**The Samaritans: 116 123**

**Childline: 0800 1111**

### Support Networks around Coronavirus/mental health in particular

- [Mental Health At Work - Coronavirus and isolation: supporting yourself and your colleagues](#)  
Mental Health At Work has grouped together resources to support one another's mental health through the outbreak and through working remotely.
- [Mental Health Foundation - Looking after your mental health during the coronavirus outbreak](#)  
Some tips to help you, your friends and your family to look after your mental health, including how to avoid rumour and speculation which can fuel anxiety.
- [Mind - Coronavirus and your wellbeing](#)  
Information including practical advice for staying at home, taking care of your mental wellbeing, and finding support for benefits or housing.
- [Rethink Mental Illness - Covid-19 and mental illness](#)  
Online hub of practical support and information for people living with, or supporting people with mental illness.
- [Student Minds - Coronavirus resources](#)  
Guidance on looking after your mental health, including ways you can support friends and family, guidance for those experiencing xenophobia and racism, and for those with ongoing mental health difficulties.

- [Samaritans - If you're worried about your mental health during the coronavirus outbreak](#)  
Support and guidance for anyone worried about their mental health.

You can access a directory of support services with their contact details [here](#).