

## STUDENT ADVICE SHEET

# FURTHER INFORMATION & SUPPORT

The Trussell Trust has information about using a food bank, as well as a helpline for additional information.

Search for: [The Trussell Trust](#)

If you are concerned about money or budgeting, you can contact Childline anytime on 0800 1111, or visit their website.

Search for: [Childline](#)

YoungMinds have information on their website about money and mental health for young people and families.

Search for: [YoungMinds](#)

For advice on independent food banks for those in need, the Independent Food Aid Network has lots of useful information on their website.

Search for: [IFAN](#)

The Prince's Trust has a range of budgeting tools and advice for young people starting to manage their own money.

Search for: [Prince's Trust](#)

FareShare's website gives advice on getting food, useful recipe ideas and other organisations that offer food support.

Search for: [FareShare](#)

*Please Note: If you have any concerns, please speak to a trusted adult, such as a teacher or caregiver.*