

Equality & Diversity Harassment and Bullying Policy - Welfare Resource List

Chambers Resources

- Speak to your CHAMPS, who can share specific details of relevant resources on request
- Speak to a trusted colleague
- Raise a concern with the Head of Chambers
- EDOs (HD, RSN, APM)

Bar Council Resources

- LawCare
 - Free confidential advice service for lawyers, staff and their families regarding health and welfare issues
 - Mon – Fri 9am-5pm: 08002796888
 - Or email: support@lawcare.org.uk
- Bar Council Assistance Program
 - Confidential 24/7 telephone support for physical, mental, social and financial issues available to barristers, pupils, IBC and LPMA members
 - Support is provided through "Health Assured"
 - 24/7: 08001692040
- Mental Health & Wellbeing at the Bar
 - Provides resources for barristers, clerks, staff, students and pupils on a wide range of issues which can impact on well-being. <https://wellbeingatthebar.org.uk>
- Talk to Spot
 - A confidential online support programme for persons who have experienced bullying, harassment or discrimination at the Bar
 - <https://www.barcouncil.org.uk/support-for-barristers/equality-diversity-and-inclusion/talk-to-spot.html>
- Ethics Enquiries Line
 - A confidential telephone helpline to assist barristers, staff and clerks with managing professional obligations under the BSB handbook
 - Mon – Fri 9:15 – 17:15: 02076111307
- Pupils Helpline
 - Service providing confidential support and advice to members of the Bar undertaking pupillage
 - Call 02076111415
 - Or email: pupilhelpline@barcouncil.org.uk
- Equality and Diversity Helpline
 - Email service providing confidential support and advice to pupils, barristers and staff regarding any equality and diversity issue, including parental leave, harassment, bullying or discrimination
 - Email: equality@barcouncil.org.uk

External Resources

- If there is immediate risk of harm to others, **call 999**
- If you have a non-urgent report of criminal conduct, call 101
- Victim Support offers emotional and practical assistance to anyone affected by crime .
<https://www.victimsupport.org.uk>
- If you need to make a report of serious misconduct to the Bar Standards Board, visit
<https://www.barstandardsboard.org.uk/for-barristers/reporting-serious-misconduct.html>
- Call NHS 111 (or text 18001111) or contact your GP for concerns affecting your physical or mental health
- The Samaritans helpline is free and available 24/7 at 116123
- The National Bullying Helpline is a voluntary service designed to assist those dealing with bullying in the workplace
 - Mon – Fri 9am – 5pm: 08552255787
 - Or email: help@nationalbullyinghelpline.co.uk
 - Or visit: nationalbullyinghelpline.co.uk
- CALM (the Campaign Against Living Miserably) provides a helpline, online and WhatsApp chat to support those affected by suicide or suicidal thoughts
 - 5pm – midnight everyday: 0800585858
 - Or visit: <https://www.thecalmzone.net/whatsapp>