‘Sticks and Stones’: Bullying in Museums

Resources

We know that research in this area can be emotional. We appreciate that even talking about it can, for those who have personally experienced, or even those who have witnessed bullying, bring those experiences and feelings back to the surface.

We want to support you and we hope that by signposting the following you will be able to seek out additional help and guidance as required:

Your own organisation - depending on the size, you may have an occupational health service or an employee assistance programme in place providing access to health care professionals, counselling and other resources.

Your trade union – whether you are a member of PCS, Unison, UCU or Prospect they are likely to have guidance and access to specific support, for example lawyers that could help. See for example:

www.prospect.org.uk/help-at-work/support-advice/bullying-harassment
www.unison.org.uk/get-help/knowledge/discrimination/bullying-and-harassment/
www.ucu.org.uk/bullying

Outside your organisation there are other networks and resources to help:

Bullying UK (Part of Family Lives)
Helpline: 0808 800 2222
www.bullying.co.uk/bullying-at-work/bullying-at-work/
www.bullying.co.uk/cyberbullying/what-is-cyberbullying/

National Bullying Helpline
Tel: 0845 22 55 787
www.nationalbullyinghelpline.co.uk/

The Samaritans
Tel: 116123
www.samaritans.org

Time to Change
www.time-to-change.org.uk/
www.time-to-change.org.uk/mental-health-and-stigma/help-and-support

. Gov
www.gov.uk/workplace-bullying-and-harassment
ACAS - Advisory, Conciliation and Arbitration Service
Helpline: 0300 123 1100
Early Conciliation Notice (has to take place prior to Tribunal) [www.acas.org.uk/index.aspx?articleid=4028](http://www.acas.org.uk/index.aspx?articleid=4028)

**Mediation** – may be a good first step. Sometimes this can be provided by your trade union, or ACAS or another organisation. [www.gov.uk/solve-workplace-dispute/mediation-conciliation-and-arbitration](http://www.gov.uk/solve-workplace-dispute/mediation-conciliation-and-arbitration)[www.scottishmediation.org.uk/find-a-mediator/](http://www.scottishmediation.org.uk/find-a-mediator/)

**Citizens Advice**