

‘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

www.pcs.org.uk/resources/health-and-safety/hazards-and-health-a-to-z/bullying-guidance-for-members

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

Bullying www.acas.org.uk/index.aspx?articleid=1864

Discipline and Grievances at Work www.acas.org.uk/index.aspx?articleid=2179

Early Conciliation Notice (has to take place prior to Tribunal)

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

www.scottishmediation.org.uk/find-a-mediator/

Citizens Advice

www.citizensadvice.org.uk/work/discrimination-at-work/checking-if-its-discrimination/if-youre-being-harassed-or-bullied-at-work/

