

## Support for those affected by bullying in Higher Education

If you are being bullied at work, or have a friend or colleague experiencing problems with bullying, you can speak in confidence to your University counselling service, bullying advisor, or Human Resources department. Some universities also run confidential staff help lines to deal with work difficulties.

Alternatively, you may want to contact one of the following organisations that also deal with bullying.

### **If you're currently being bullied, or were bullied in the past...**

*Success Unlimited* creates books and training schemes to help combat bullying: <http://www.successunlimited.co.uk>

*Bully Online* is the largest resource on workplace bullying – contains case information, guidance and support <http://www.bullyonline.org>

*Life After Bullying* offers support to people who've been bullied in the past <http://www.lifeafteradultbullying.com/index.html>

*Just fight on!* Contains information about your rights, coping with bullying and surviving bullying <http://www.jfo.org.uk>

*The Andrea Adams Trust* is a UK charity dedicated to dealing with workplace bullying <http://www.andreaadamstrust.org>

*Bullied Teachers* is a support group for those working in all areas of education <http://www.bulliedteachers.org.uk>

*The Samaritans* can offer a listening ear if you want to share your worries or concerns <http://www.samaritans.org.uk>

*The Research Companion* forum has a section to discuss researcher and academic safety and wellbeing, including bullying <http://www.psympress.co.uk/boynton/forum>

*Worldwide links to bullying organisations* – this page provides links to global bullying support groups <http://www.bullyonline.org/resources/links.htm>

### **Unions**

*Amicus* <http://www.amicustheunion.org> provides assistance for academic-related and support staff.

## **Health and Safety**

*Health and Safety for Beginners* introduces information on health and safety and UK legislation <http://www.healthandsafetytips.co.uk>

*Health and Safety Executive* has information about dealing with work stress <http://www.hse.gov.uk/stress>

## **Telephone Help Lines (with thanks to bullyonline)**

*The Andrea Adams Trust* - Tel: 01273 704900 - the office is normally staffed between 10am and 4pm Monday-Thursday.

*Sandra Brown runs Scottish Workplace Bullying Information Line.* Tel: 0131 339 9232 Tuesday evening 7-9pm and Saturday morning 10am-midday.

*HufPuf Bullying Helpline* is for people dealing with bullying in education. Tel: 020 8785 6299, Fax 020 8788 6661, email [mmyfu@hufpuf.fsnet.co.uk](mailto:mmyfu@hufpuf.fsnet.co.uk)

*Fay Fielding* provides a sympathetic ear to people experiencing bullying at work, especially in the north of England. As a former teacher (bullied out after 27 years experience) she is especially happy to talk to fellow teachers. Her service is informal and she is normally available weekday evenings between 6pm-8pm and mornings at the weekend. Tel: 01422 882258.

You can email or telephone *The Samaritans* on 08457 909090 (UK) 1850609090 (ROI) [jo@samaritans.org](mailto:jo@samaritans.org)

## **Books**

*Bully in sight: how to predict, resist, challenge and combat workplace bullying.* Tim Field (Success Unlimited).

*Bullying at work: how to confront and overcome it.* Andrea Adams (Virago).

*Surviving Stress at work: understand it, overcome it.* Melanie King (Trafford). Contains information about being bullied, as well on tips for getting a new job and building confidence.

*Chapter Six of The Research Companion: a practical guide for the social and health sciences.* Petra Boynton (Psychology Press) contains information of dealing with bullying in academia.

*The bully at work: what you can do.* Gary and Ruth Namie (Sourcebooks).

*Fighting back: how to fight bullying in the workplace.* David Graves (McGraw Hill).