

Steps for Temporary Workers to Download the Just Good Work App

As part of our ongoing support for workers, in partnership with the ALP, we encourage all temporary workers to download the [Just Good Work](#) app for essential guidance on employment rights, visas, contracts, and life in the UK.

Step 1: Click the link provided by your employer or agency to access the [Just Good Work](#) App.

Step 2: Download the app for free on your mobile device via the **App Store** (iOS) or **Google Play** (Android).

Step 3: Select your preferred language for easy navigation.

Step 4: Explore important topics such as **job contracts, legal rights, medical support, and worker protections** in the UK.

Step 5: Use the app **offline** to store essential documents safely and access real stories from others in similar situations.

Step 6: If you experience unfair treatment or exploitation, use the app's **helpline contacts** to seek confidential support.

This app ensures that you are informed, protected, and supported throughout your work journey in the UK.

ALP has also produced a [free video](#) in a number of different languages which tells you what to expect whilst working in the UK and where to go for help if you need it.

If you need help

If you, or someone else is in danger, call the police on **999** in an emergency, or 101 if it is not an emergency.

If you think you are being exploited, which means that you are being treated unfairly in connection with your work, call the [Gangmasters and Labour Abuse Authority](#) on 0800 432 0804 or the [Modern Slavery Helpline](#) on 08000 121 700. Your call will be treated in complete confidence and there will be interpreters available if you need one. No-one will be angry with you, and people will try to help.