

SIGNPOSTING DIRECTORY

If you ever feel that you need additional support, below is a list of helpful and trusted organisations.



NSPCC helpline: The NSPCC works to prevent abuse and helps those affected to recover. If you have any concerns at all about a child's safety or wellbeing, don't hesitate to contact the NSPCC Helpline. It doesn't have to be an emergency – you might be looking for guidance and support on issues affecting children.

Whatever it is you're worried about, their dedicated NSPCC child protection specialists will be able to advise and take any necessary action. You can contact the NSPCC Helpline seven days a week.

 0808 800 5000  help@nspcc.org.uk



National Association for People Abused in Childhood (NAPAC): NAPAC's trained staff speak with survivors of any type of childhood abuse over the phone, exploring the options available to them such as support groups and counselling to help empower callers to move forward. Calls are confidential, free from UK landlines and mobiles and can be made anonymously.

 0808 801 0331



Papyrus Hopeline: Hopeline advisors provide young people under the age of 35 (and concerned others) with a safe space to talk through anything happening in your life that could be impacting on your ability to stay safe. You can call or make contact via text.

 0800 068 4141  07860039967



Childline: Childline is a free and confidential service where children can talk to a trained counsellor about any worries that they have. Whether the issue is big or small, Childline's trained counsellors are there to provide support. You can call or access support via a 1-2-1 chat at our website.

 0800 1111  childline.org.uk



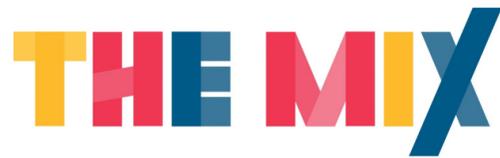
Beat: The UK's leading eating disorder charity, Beat provides advice and support to those affected by eating disorders. Support is available 365 days a year via their helpline, and in both 1-1 and group format. You can call us or visit us online for more information and additional resources

 0808 801 0677  www.beateatingdisorders.org.uk



Samaritans: The Samaritans are available around the clock, 365 days of the year to provide confidential emotional support for people who are experiencing feelings of any nature, no matter how big or small.

 0330 094 5717



The Mix: The Mix is the UK's leading support service for young people (under 25s). They are there to help young people take on any challenge they're facing, including emotional and mental health support.

You can talk online or on their free, confidential helpline below.

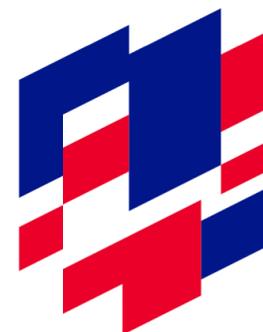
 0808 808 4994  www.themix.org.uk



Sporting Wellness: Sporting Wellness is a registered charity, that provides free, professional, mental health support for all representative sports people aged 16 to 30, based in the United Kingdom.

Athletes who are approved into our support system receive access to a professional mental health support platform, enabling them to counselling services, a 24/7 helpline, self-help programmes and much, much more.

 0333 335 5994  hello@sportingwellness.org



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Elite
Athletes
Association**