

Safe Sport

Useful Websites for External Support and Advice

SAFEGUARDING ADVICE

NSPCC – Child Protection in Sport Unit – <https://thecpsu.org.uk>

Offer advice and support around safeguarding children in sport.

NSPCC 0808 800 5000 – www.nspcc.org.uk

If you are worried or unsure about a child. NSPCC also offer free, confidential advice and support whatever your worry (18 or under).

Childline 0800 1111 – www.childline.org.uk

The website provides Coping Kit Toolkits. Childline offers one-to-one counsellor chats regarding any concerns you may have.

Ann Craft Trust (ACT) 0115 951 5400 – www.anncrafttrust.org

Offers guidance to anyone with queries regarding the protection of vulnerable children and adults, including professionals, parents, carers, and family members.

Ann Craft Trust – [Ann Craft Trust - FAQs](#)

Frequently asked questions regarding the safety of adults in sport.

Ann Craft Trust – [Ann Craft Trust – Resources](#)

Further reading and guidance on protecting adults.

Anti-Bullying Alliance 0808 1000 143 – www.anti-bullyingalliance.org.uk

Provide assistance or guidance regarding bullying or cyberbullying.

WELLBEING AND MENTAL HEALTH

Buddle – [Spot Support Signpost](#)

A short video to help you spot the signs and offer support.

Samaritans 08457 90 90 90 – <http://www.samaritans.org>

Samaritans' volunteers listen in confidence to anyone in any type of emotional distress without judging or telling people what to do.

Together All – www.togetherall.com

A safe, online community where people support each other anonymously to improve mental health and wellbeing.

NHS – NHS Child and young people’s mental health service

NHS funded Mental Health Services for young people (under 18). Most regions have their own website that provides information about access, referrals, and contact details. CYPMHS can also be accessed through Social Services or your GP.

Ann Craft Trust support for eating disorders – Mental Health Matters: Spotlight on Eating Disorders and Over-Exercising

Mind 0300 123 3393 – www.mind.org.uk If you or someone you know is going through a difficult time, Mind can offer support with different mental health problems.

Mind – Sport, physical activity and mental health.

Advice on mental health in sport.

Beat – Beat (beateatingdisorders.org.uk)

Eating disorder charity.

Young Minds – Young Minds | Mental Health Charity For Children And Young People

Mental health charity for young people.

Shout – Shout: the UK's free, confidential and 24/7 mental health text service for crisis support | Shout 85258

24/7 text service for adults and children.

Papyrus – Papyrus UK Suicide Prevention | Prevention of Young Suicide (papyrus-uk.org)

Advice, text service, helpline for adults and children.

ONLINE ABUSE

CEOP – Child Exploitation and Online Protection

Let CEOP know if you are worried about online sexual abuse or the way someone has been communicating with you online.

Childline – Report Remove

Confidentially report sexual images and videos of yourself and have them removed from the internet.

Childline – Staying safe online | Childline

ONLINE ABUSE

National Domestic Violence Helpline 0808 2000 247 – <https://www.nationaldahelpline.org.uk/>

The Free 24-hour National Domestic Violence Helpline, operated in partnership with Women’s Aid and Refuge, is a national service for women experiencing domestic violence, as well as their family, friends, colleagues, and others who may be calling on their behalf.

Forced Marriage Unit 0207 008 0151 – <https://www.gov.uk/stop-forced-marriage>

Part of the Foreign and Commonwealth Office, it offers information, multi-agency guidelines, and an advice line for victims, friends, relatives, and professionals.

Karma Nirvana 0800 5999 247 – <https://karmanirvana.org.uk/>

Karma Nirvana supports victims and survivors of forced marriage and honour-based abuse; their support includes an advice line.

Women's Aid 0808 2000 247 – www.womensaid.org.uk

Provides support and information in relation to domestic violence.

SEXUAL OFFENDING

Lucy Faithfull Foundation 0808 1000 900 – <http://www.lucyfaithfull.org.uk>

The Lucy Faithfull Foundation support anyone with a concern about child sexual abuse and its prevention.

Stop It Now! – www.stopitnow.org.uk

FINANCIAL/LEGAL/OTHER

Citizens Advice Bureau 0844 847 2638 – <https://www.citizensadvice.org.uk/>

Provides free information and advice on legal, financial, and various other issues. Contact your local branch.