



GUIDANCE NOTES NO:

9.1

WHERE CAN I GET HELP?

FOR ALL

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The organisations listed below provide expert help, guidance and advice for children whose parents are adult survivors, parents of children who have been abused and adult survivors of childhood sexual abuse.

FOR CHILDREN AND THEIR PARENTS/CARERS:

Childline

Offers a variety of ways of directly supporting children

www.childline.org.uk/get-support

Kidscape

Offers help with bullying. This includes free 'Zap' anti-bullying workshops for children who have been bullied and their parents – as well as a parent advice line.

www.kidscape.org.uk/programmes

Young Minds

Provides support for children experiencing mental health issues. Young Minds also provides a helpline for parents: **0808 802 5544** (Monday-Friday, 9.30-4pm)

www.youngminds.org.uk

More overleaf...



FOR ADULT SURVIVORS OF SEXUAL ABUSE (listed alphabetically)

ORGANISATION	WEBSITE	CONTACT	SERVICES OFFERED
NAPAC	https://napac.org.uk/	0808 801 0331	Supports adult survivors and provides training for those who support them.
NSPCC	www.nspcc.org.uk/	0808 800 5000	Wide-ranging services aimed at tackling every form of child abuse. Please also see the specialist football helpline in the chart below.
Rape Crisis	www.rapecrisis.org.uk/	0808 802 9999	Specialist support and services for female and male victims and survivors of sexual violence and abuse (NB: the helpline is only for females).
Safeline	www.safeline.org.uk/	0808 800 5008	Operates a national male survivor helpline and online support service for men and boys across England and Wales affected by sexual violence. This service is also available for family and friends supporting a male survivor.
SurvivorsUK	https://www.survivorsuk.org	020 3598 3898	Supports men and boys, trans and non-binary survivors – and anyone who feels this service is appropriate for them. Counselling, groupwork, Independent Sexual Violence Advisor (ISVA) services based in London and national online helpline.

ORGANISATIONS WORKING SPECIFICALLY IN FOOTBALL (listed alphabetically)

ORGANISATION	WEBSITE	CONTACT	SERVICES OFFERED
NSPCC Football Helpline	https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/nspcc-helpline/#contact-us	0800 023 2642 or 0800 800 5000	A specific helpline set up by the NSPCC for footballers who've experienced sexual abuse.
PFA	https://www.thepfa.com/players/wellbeing/survivor-support-advocate	07500 000 777 07940 324285 SupportAdvocate@thepfa.com	24-hour counselling helpline for members of the PFA (Professional Footballers' Association). Survivor Support Advocate (support and signposting for victims of child abuse in grassroots and professional football)
The FA	https://www.thefa.com/football-rules-governance/safeguarding	safeguarding@TheFA.com	Managing child protection concerns and referrals as well as providing information on preventative safeguarding across football.

IN ADDITION

Sporting Chance:

The charity set up by Tony Adams, former Arsenal and England player, Sporting Chance provides support, counselling, treatment, and aftercare to sportsmen and women who are suffering from addictive illnesses such as alcoholism, drug abuse, compulsive gambling and eating disorders; and all the side effects, including anxiety and depression.

www.sportingchanceclinic.com

Survivor-led group set up by former footballers:

The Offside Trust: www.offsidetrust.com

Visit The Offside Trust website for more information.



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