

## Organization you can sign post to for support

### Mental health

#### **MIND**

Tel: 020 8519 2122

Email: [contact@mind.org.uk](mailto:contact@mind.org.uk)

[www.mind.org.uk](http://www.mind.org.uk)

Mind is a leading mental health charity working to create a better life for everyone with experience of mental distress by challenging discrimination, influencing policy, developing quality services, advancing users' views and achieving equal rights.

#### **Samaritans**

Tel: 020 8394 8300

Helpline – 116 123 (UK)

[www.samaritans.org.uk](http://www.samaritans.org.uk)

The UK and Republic of Ireland based charity provides confidential emotional support to any person who is suicidal or despairing and increases public awareness of issues around suicide and depression.

### Child protection

#### **Childline**

0800 11 11

<https://www.childline.org.uk/>

Private and confidential service where you can talk about anything

#### **NSPCC**

0808 800 5000

<https://www.nspcc.org.uk/>

Support children experiencing anxiety, family problems and even suicidal thoughts. preventing abuse and helping those affected to recover

#### **The Child Protection in Sport Unit**

<http://thecpsu.org.uk>

Helping Keep Your Child Safe in Sport. We're here to provide expert safeguarding and child protection advice to sports organisations. Let us help you put the right safeguards in place. We can also provide guidance on these particular safeguarding topics: anti-bullying | deaf and disabled | elite athlete welfare | information sharing | leisure facilities | LGBT+ | mental health and wellbeing | online safety | parents in sport | photography | safer recruitment



### **Ann Craft Trust Centre**

Tel: 0115 9515400

Email: [Ann-CraftTrust@nottingham.ac.uk](mailto:Ann-CraftTrust@nottingham.ac.uk)

[www.anncrafttrust.org](http://www.anncrafttrust.org)

ACT is a national organisation working with staff in the statutory, independent and voluntary sectors in the interests of people with learning disabilities who may be at risk from abuse.

### **LGTBQ+**

#### **Mermaids**

0808 801 0400

[info@mermaidsuk.org.uk](mailto:info@mermaidsuk.org.uk)

<https://mermaidsuk.org.uk/>

Mermaids has been supporting trans and gender-diverse children, young people, and their families

#### **Stonewall**

0800 0502020

<https://www.stonewall.org.uk/>

Information and support for LGBT communities and their allies.

### **Others**

#### **Rape Crisis Federation of England and Wales**

Email: [info@rapecrisis.co.uk](mailto:info@rapecrisis.co.uk)

[www.rapecrisis.co.uk](http://www.rapecrisis.co.uk)

Rape Crisis was launched in 1996 and exists to provide a range of facilities and resources to enable the continuance and development of Rape Crisis Groups throughout Wales and England.

#### **Victim Support**

0808 168 9111

[www.victimsupport.com](http://www.victimsupport.com)

Victim Support provides practical advice and help, emotional support and reassurance to those who have

#### **Women's Aid Federation of England and Wales**

Tel: 0117 9444411

Email: [info@womensaid.org.uk](mailto:info@womensaid.org.uk)

[www.womensaid.org.uk](http://www.womensaid.org.uk)

Women's Aid is a national domestic violence charity.



### **National Centre for Eating Disorders**

Tel: 0845 838 2040

Email: [info@edauk.com](mailto:info@edauk.com)

[www.edauk.com](http://www.edauk.com)

A national charity offering help, support and information to people whose lives are affected by eating disorders, in particular, anorexia and bulimia nervosa.

### **Age UK**

Tel: 0800 169 2081

[www.ageuk.org.uk](http://www.ageuk.org.uk)

Age Concern provides essential services and campaigns on issues like age discrimination and pensions and works to influence public opinion and government policy about older people.

### **Nightline**

<https://www.nightline.ac.uk/want-to-talk/>

For most students their time at university is a positive experience however for some it can be characterised by periods of stress, anxiety, loneliness and depression. Rising fees, academic pressures and concerns about employability can also impact on student mental wellbeing. Nightlines offer university students a safe space to talk about their feelings or whatever's troubling them with fear of being judged or ridiculed.

### **Live fear free**

Call: 0808 80 10 800

Text: 07860077333

Email: [info@livefearfreehelpline.wales](mailto:info@livefearfreehelpline.wales)

<https://gov.wales/live-fear-free>

Providing help and advice about violence against women, domestic abuse and sexual violence

