

*Contacts: Advice and Support for Adults, Children & Young People

NSPCC Free 24 hour Helpline T. 0808 800 5000 Deaf User Text phone T. 0800 056 0566

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

NSPCC Free Helpline T. 0800 023 2642 for footballers who've been sexually abused.

This helpline offers advice and support to anyone who experienced sexual abuse as a young footballer.

Sporting Chance Helpline T. 0870 220 0714 Email: info@sportingchanceclinic.com

Supports individuals & organisations across professional sport to address emotional welfare & addictive disorders. Website: <http://sportingchanceclinic.com>

Samaritans Free Helpline T. 116 123 24-hour confidential listening and support for anyone who needs it, including information & support for mental health issues (Adults & children/young people included.)

Website: <https://www.samaritans.org> Email: jo@samaritans.org

Childline Free Helpline T. 0800 1111 Comforts, advises and protects children 24 hours a day and offers free confidential counselling. [Chat 1-2-1 with a counsellor online](#) Website: <https://www.childline.org.uk>

The Mix Free Helpline T. 0808 808 4994 Phone lines are open Sunday to Friday from 11am until the early evening. You can webchat with them every day from 11am to 11pm A support service for under-25s to help with any challenge. [Get support online](#) Website: <http://www.themix.org.uk>

If you feel that you want to end your life, please seek immediate help from the emergency services on 999. You can also contact **HopeLine UK on 0800 068 41 41** or Samaritans.

Youth Access Get connected with the right support services and organisations in your area. For anyone aged 11-25. Visit their [website to find your local service](#). Website: <http://www.youthaccess.org.uk>

Headmeds Straight talk on mental health medication for young people. Read about others' experiences and get answers to those 'awkward' questions. Website: <https://www.headmeds.org.uk/>

Beat Adult Helpline T. 0808 801 0677 Youthline T. 0808 801 0711 Studentline 0808 801 0811 Helplines are open 365 days a year from 12pm – 8pm during the week, and 4pm – 8pm on weekends and bank holidays. The UK's eating disorder charity. Adult Email: help@beateatingdisorders.org.uk
Student Email: studentline@beateatingdisorders.org.uk Youth Email: fyp@beateatingdisorders.org.uk (for U18s)
Website: <https://www.beateatingdisorders.org.uk/> (One to One web chat available)

Frank -T.0300 123 6600 Text 82111 Confidential information and advice about drugs and substance abuse, whether it's for you or someone else. 24-hours 365 days a year. Website: <http://www.talktofrank.com>

Children's Legal Centre Legal advice and representation for children and young people, plus information about your legal rights as a child. [Contact online](#) Website: <https://lawstuff.org.uk/contact-us/>

Stonewall The UK charity for gay, lesbian, bisexual & transgender people & their allies. Information, advice & where to get local support. Call their information service on **08000 50 20 20** [Coming out help for young people](#)
Website: <https://www.stonewall.org.uk/help-advice/coming-out/coming-out-young-person>

PRIDE in Football, the alliance of LGBT Fan Groups; helps sharing of good practice & help new groups form.
Website: <https://www.prideinfootball.co.uk> Email: info@prideinfootball.co.uk

No Panic Charity offering support for sufferers of panic attacks, phobias and OCD. **Helpline. Tel: 0844 967 4848** charges apply (daily, 10am-10pm) **Youth Helpline Tel: 0330 606 1174** landline rates apply for 13-20yr olds open Mon to Fri: 3pm to 6pm Thurs: 6pm to 8pm Sat: 6pm to 8pm Website: <https://www.nopanic.org.uk>

EFL Mental Health Guidance provides information on types of Mental Health conditions and where to go for support. Access the self-help guides [HERE](#) or visit the EFL website – Inclusion & Anti-Discrimination page: <https://www.efl.com/-more/inclusion--anti-discrimination/mental-health/>

*Updated June 2018