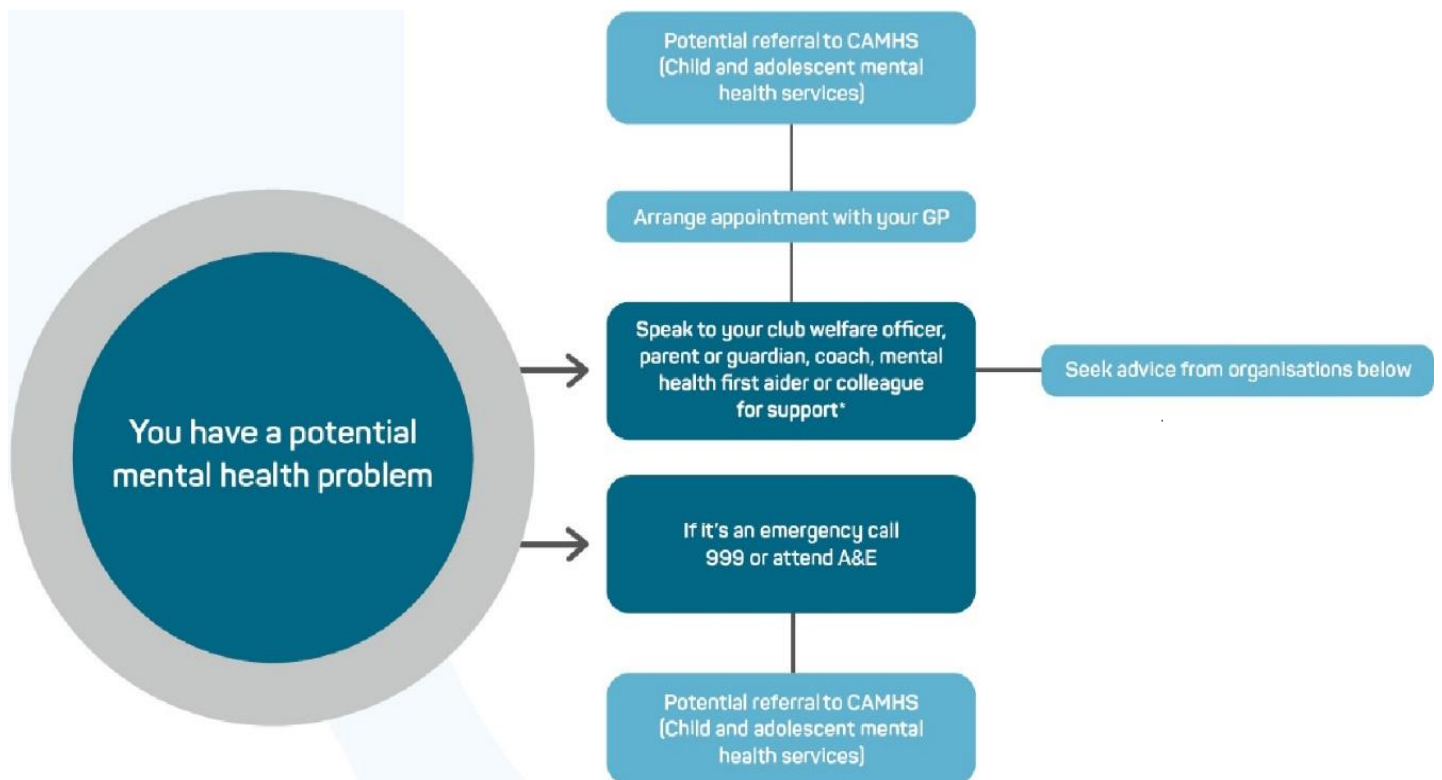




MENTAL HEALTH HELP



Welfare officers and other contacts:

Guildford City Swimming Club

Welfare Officer

Name: Caroline Wood

Tel: 07977407686

carolinewood890@gmail.com

County Welfare Officer

Name: Jeni Colbourne

welfare@surreyasa.co.uk

Regional Welfare Officer

Name: Shelly Robinson

Tel: 01732 833966 Work / 07770 938353 Mobile

shelly.robinson@globalworld.co.uk

Local Authority Services

Children Social Care Team

Young Guildford

Tel: 01483 444713

Police Child Abuse Investigation Team/Unit

Tel: 01483 630040

National Governing Body

Amateur Swimming Association

Legal Affairs Department

Pavilion 3, Sport Park, 3 Oakwood Drive

Loughborough University,

Leicestershire LE11 3QF

Tel: 01509 640270

Email: legal@swimming.org

Web: www.swimming.org

List of mental health organisations offering help and guidance:

NSPCC CHILD PROTECTION HOTLINE

'We're the leading children's charity in the UK, specialising in child protection and dedicated to protecting children today, to prevent abuse tomorrow.'

'We're the only UK children's charity with statutory powers, which means we can take action to safeguard children at risk of abuse.'

Tel: 0808 8005000

Web: www.nspcc.org.uk

Swimline (part of the NSPCC)

This is the Swimline England / NSPCC child protection helpline

Tel: 0808 1004001

Childline (part of the NSPCC)

'We are here for you, whatever's on your mind.'

'We will support you. Guide you. Help you make decisions that are right for you. Provide tools on the website to help you keep calm and feel better.'

Call or chat online.

Tel: 0800 1111

Web: www.childline.org.uk

The NSPCC logo consists of the letters 'NSPCC' in a bold, green, sans-serif font.

Kidscape

'Our mission is to provide practical support, training and advice to challenge bullying and protect young lives.'

Tel: 020 7303300

Web: www.kidscape.org.uk



Samaritans

'If you need someone to talk to, we listen. We won't judge or tell you what to do.'

Tel: Freephone 116123

Web: www.samaritans.org/how-we-can-help/contact-samaritan/

The Samaritans logo consists of the word 'SAMARITANS' in a white, sans-serif font, set against a green rectangular background.

Mind

'We believe no one should have to face a mental health problem alone. We'll listen, give you support and advise, and fight your corner.'

Tel: Helpline 0300 1233393

Text: 86463

Web: www.mind.org.uk/information-support/helplines/



NHS mental health helplines

Find out how to access NHS Mental Health Services and where to get urgent help.

Web: www.nhs.uk/nhs-services/mental-health-services/



The Mix

If you're under 25 you can talk to The Mix for free by phone, by email, or on their webchat. You can also use their phone counselling service, or get more information on support services you might need. Apps and tools available.

Freephone: 0808 8084994 (13.00-23.00 Daily)

Web: www.themix.org.uk/mental-health/



Sane

'We are a leading UK mental health charity improving the quality of life for anyone affected by mental illness.'

Tel: 07984 967708

Web: www.sane.org.uk/who-we-are/contact-us/



Self-Harm Charity

Harmless is a passionate organisation who works to address and overcome issues related to self-harm with resources on the website.

Contact: via form on website

Web: www.harmless.org.uk



Young Minds Charity

Mental health support and guidance for young people and parents.

Web: www.youngminds.org.uk



Charlie Waller Charity

Mental health support and guidance for young people and parents.

Web: www.charliewaller.org.uk

