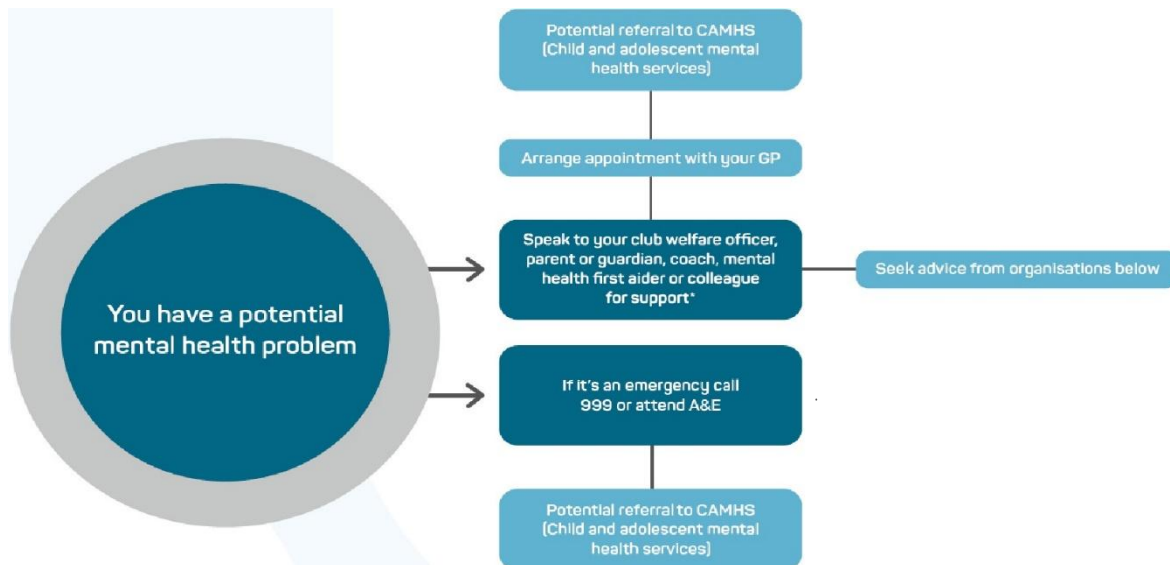


GUILDFORD CITY SWIMMING CLUB

Mental Health Help



List of Welfare officers and Other Contacts:

County Welfare Officer

Jeni Colbourne

welfare@surreyasa.co.uk

Regional Welfare Officer

Name: Andrew Giess

Welfare@southeastswimming.org

Local Authority Services

Children Social Care Team

Young Guildford

Tel: 01483 444713

Police Child Abuse Investigation Team/Unit

Tel: 01483 630040

**National Governing Body
Swim England**

Legal Affairs Department
Pavilion 3
SportPark
3 Oakwood Drive
Loughborough University
Leicestershire
LE11 3QF

Tel: 01509 640270

E-mail: legal@swimming.org

Website: www.swimming.org

LIST OF MENTAL HEALTH AND ORGANISATIONS OFFERING HELP AND GUIDANCE

NSPCC Child Protection Helpline

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 800 5000

Website: www.nspcc.org.uk

Swimline - part of the NSPCC

This is the Swim England/NSPCC Child Protection

Tel: Helpline on 0808 100 4001

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, chat or online see website:

Website: www.childline.org.uk

Tel: 0800 1111

Kidscape

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

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

Tel: 020 730 3300

Samaritans

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

Call Free dial: 116 123

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

Mind

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

Tel: Helpline: 0300 1233393

Text: 86463

Website: [mind.org.uk /information-support /helplines/](https://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.

Website: <https://www.nhs.uk/nhs-services/mental-health-services/>

The Mix

If you're under 25 you can talk to The Mix for free on the 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.

Tel: Free phone: 0808 808 4994 (13:00- 23 :00 daily)

Website: <https://www.themix.org.uk/mental-health>

SANE

is a leading UK mental health charity improving quality of life for anyone affected by mental illness.

Tel: **07984 967 708**

Website: <https://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

Website: [Harmless.org.uk](https://harmless.org.uk)

Young Minds Charity

Mental health support & guidance for young people and parents

Website: [Youngminds.org.uk](https://www.youngminds.org.uk)

Charlie Waller Charity

Mental Health Support and guidance for young people and parents

Website: [CharlieWaller.org.uk](https://www.charliewaller.org.uk)

Updated 11 October 2023