

## Support information

It is important to acknowledge that, during the course of your role you may witness or experience something distressing or you might need to some support for your mental health. It is therefore important to be aware of sources of support and help that may be available in this situation.

### **The Samaritans**

Nationwide, non-religious, non-political 24-hour confidential support line. **Tel: 08457 90 90 90**  
[www.samaritans.org.uk](http://www.samaritans.org.uk)

### **Victim Support**

Local Victim Support services provide emotional support, information and practical help for victims and witnesses. **Tel: 0845 3030 900**

### **The Hub of Hope**

<https://hubofhope.co.uk/> The Hub of Hope is the UK's leading mental health support database. Put in your postcode and select what you need support with.

### **Self Help**

The UK's free, online, specialised child protection resources with a general list of 1,000 self-help organisations in the UK - [www.self-help.org.uk](http://www.self-help.org.uk)

**GP or practice nurse** – can refer to local agencies who can help and support.

### **Riders Minds**

An online support resource for all equestrians. They also provide a helpline:  
Free Call **0800 088 2073**, Or if you prefer to message then text: Text 07480 488 103

### **Scottish Action for Mental Health**

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

### **Northern Ireland Support information**

<https://www.nidirect.gov.uk/articles/mental-health-support>

### **British Association of Counselling**

<https://www.bacp.co.uk/> - have a therapist directory

**Young Minds Parents' line. Tel: 0808 802 5544** Advice and help with any mental health issues relating to young people.

**Family Lives. Tel: 0808 800 2222** for parents who need help or someone to talk to.

**NHS Direct – 111** will give guidance as to how to access help.

**Barnardo's and Sexual Assault Referral Centre's (SARCs)** – offer support and counselling to victims of sexual abuse. Full list available at [www.rapecrisis.org.uk/Referralcentres2.php](http://www.rapecrisis.org.uk/Referralcentres2.php)

**Rape Crisis England and Wales** – [www.rapecrisis.org.uk/index.php](http://www.rapecrisis.org.uk/index.php) **0808 802 9999**, 12– 2.30pm, 7– 9.30pm

### **Mind**

<https://www.mind.org.uk/> - information and support on their website, also have local mind organisations that can support with talking therapy and much more

**The Survivors Trust** - work with victims and survivors of all ages, all genders, of all forms of sexual violence, sexual abuse and sexual exploitation, including support for partners and family members.

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

**TAC Access** – connecting mental health commissioners, young people and therapists -

<https://www.tacaccess.com/>

### **Good Grief Trust**

Advice and support for bereavement

<https://www.thegoodgrieftrust.org/>

### **Citizens Advice**

Citizen's advice is a national charity and network of local charities who offer confidential advice online, over the phone, and in person, for free.

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

### **Brake**

Supporting people who are bereaved or seriously injured by road crashes

<https://www.brake.org.uk/> and the National Road Victim Service – **0808 8000 401**

### **BHS Friends at the End**

Supports horse owners and carers when it is time to say goodbye to their beloved Equine companion.

<https://www.bhs.org.uk/horse-care-and-welfare/health-care-management/euthanasia/friends-at-the-end/>

## **Safeguarding children and adult specific information:**

### **NSPCC Helpline**

24-hour free and confidential telephone helpline that provides counselling, information and advice to anyone concerned about a child at risk of ill treatment or abuse. **Tel: 0808 800 5000.**

Textphone / Webcam (for deaf or hard-of-hearing) 18001 0808 800 5000 / SignVideo.

email [help@nspcc.org.uk](mailto:help@nspcc.org.uk) or report concerns online through [www.nspcc.org.uk/reportconcern](http://www.nspcc.org.uk/reportconcern)

### **Child Line**

24-hour free and confidential telephone helpline for children. **Tel: 0800 1111**

### **NAPAC (National Association for Children Abused in Childhood)**

An organisation that supports the recovery from childhood abuse.

[www.napac.org.uk](http://www.napac.org.uk), [support@napac.org.uk](mailto:support@napac.org.uk), Tel: 0808 801 0331

### **Children First – Scotland. Tel: 0131 446 2300**

[www.children1st.org.uk](http://www.children1st.org.uk)

### **Child Protection in Sport Unit (CPSU)**

Tel: 0116 234 7278

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

**Kidscape** – [www.kidscape.org.uk](http://www.kidscape.org.uk) Advice about bullying and cyber bullying.

**Child Exploitation On – line Protection Centre (CEOP)** – Advice, guidance, counselling, support and referral if necessary and appropriate with regard to bullying or inappropriate behaviour online. Child Exploitation and Online Protection Centre, 33 Vauxhall Bridge Road, London, SW1V 2WG. Telephone 0870 000 3344

<http://ceop.police.uk/>