

# FA REFEREEING MENTAL HEALTH CHAMPIONS



## WHO ARE THE MENTAL HEALTH CHAMPIONS?



Mental health champions are volunteers from across the refereeing community who provide a supportive, empathetic and non-judgemental listening space for match officials who may be experiencing pressing worries or concerns.

The champions provide a safe and confidential environment for all referees to explore their thoughts and feelings and if required help you find professional support.

## HOW DO I CONTACT A MHC?

Scan the QR code or complete the short [form](#) so that a champion can reach out at a time that works for you both. All information will be kept securely and confidentially\*.



If you would prefer to use email to request support please email, [refereeingmhchampions@thefa.com](mailto:refereeingmhchampions@thefa.com).

## WHO SHOULD I CONTACT IF I NEED IMMEDIATE SUPPORT?



This scheme is not suitable for people needing urgent support or experiencing a mental health crisis. In case of an emergency please reach out to the following organisations.



- Samaritans. Phone 116 123
- Shout. Text 'SHOUT' to 85258
- NHS. 111 or 999.

## I AM U18 WHO CAN I CONTACT?

If you are aged under 18, please call 0800 111 to talk to Childline (please note that for safeguarding reasons, the FA Refereeing Mental Health Champions can only support colleagues aged 18 or above).

\*In rare cases, we will need to break confidentiality if we feel you are at risk of harm to yourself or others.