

GUIDANCE NOTES NO:

9.1

WHERE CAN I GET HELP?

FOR ALL

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The FA
FOR ALL

WHERE CAN I GET HELP?

The organisations listed below provide expert help, guidance and advice for children whose parents are adult survivors, parents of children who have been abused and adult survivors of childhood sexual abuse.

FOR CHILDREN AND THEIR PARENTS/CARERS:

Childline

Offers a variety of ways of directly supporting children

www.childline.org.uk/get-support

Kidscape

Offers help with bullying. This includes free 'Zap' 'anti-bullying workshops for children who have been bullied and their parents – as well as a parent advice line.

www.kidscape.org.uk/programmes

Young Minds

Provides support for children experiencing mental health issues. Young Minds also provides a helpline for parents: **0808 802 5544** (Monday-Friday, 9.30-4pm)

www.youngminds.org.uk



More overleaf...

FOR ADULT SURVIVORS OF SEXUAL ABUSE (listed alphabetically)

ORGANISATION	WEBSITE	CONTACT	SERVICES OFFERED
Marie Collins Foundation	www.mariecollinsfoundation.org.uk/	**01609 751631**	Providing support and resources for people recovering from technology assisted child sexual abuse.
NAPAC	https://napac.org.uk/	**0808 801 0331**	Supports adult survivors of all forms of childhood abuse, provides training for those working with survivors, and uses research to help survivor voice shape change.
NSPCC	www.nspcc.org.uk/	**0808 800 5000**	Wide-ranging services aimed at tackling every form of child abuse.
Rape Crisis	www.rapecrisis.org.uk/	**24/7 Support line: 0800 500 2222** **Online chat: via 247sexualabusesupport.org.uk**	The 24/7 Support Line is a free phone and confidential online chat service for anyone aged 16 and over in England and Wales who has been affected by any kind of sexual violence, abuse or harassment.
Safeline	www.safeline.org.uk/	**Main contact: 01926 402 498** **National male survivor helpline:** **0808 800 5005**	Free, trauma-informed support for anyone impacted by sexual abuse. National male survivor helpline/online support telephone and online counselling service for child sexual abuse victims age 16+. We also support non-abusing supporters.
SurvivorsUK	https://www.survivorsuk.org	**020 3598 3898** **National helpline: 0786 0003 1252** **Webchat via website**	Supports men and boys, trans and non-binary survivors of sexual abuse. Providing case work, counselling groupwork and Independent Sexual Violence Advisor (ISVA) services based in London and a national online helpline.

ORGANISATIONS WORKING SPECIFICALLY IN FOOTBALL (listed alphabetically)

ORGANISATION	WEBSITE	CONTACT	SERVICES OFFERED
Sporting Chance	www.sportingchanceclinic.com	**07500 000777**	Sporting Chance provides access to talking therapy through a national network of practitioners who are qualified and experienced to help those who have experienced non-recent abuse within a football setting.
Survivor Support and Advocacy Service (SSA)	www.thepfa.com/	**07940 324285** **SupportAdvocate@thepfa.com**	Delivered by the Professional Footballers' Association (PFA) and jointly funded by The FA. This service is available to anyone in football, not just former or current professional players. I.e. it's available across the men's and women's games to club officials, volunteers, players, referees, etc. The service is a trauma-informed, person-centric service which means the survivor is the decision maker.
The FA	www.TheFA.com/safeguarding	**safeguarding @ TheFA.com**	Information on safeguarding in football, and if you wish to speak with someone about the abuse you experienced in football.

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