

A photograph showing the silhouettes of a coach and several children on a football field at sunset. The coach, on the right, is holding a football. The children are standing in a line, facing the coach. The background is a bright orange and yellow sky with some clouds.

GUIDANCE NOTES NO:

## 2.3

# SUPPORT AND GUIDANCE CONTACTS IF AN ALLEGATION IS MADE AGAINST YOU

**FOR ALL**



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# SUPPORT AND GUIDANCE CONTACTS IF AN ALLEGATION IS MADE AGAINST YOU

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*If you have been notified by The FA that there are reported causes for concern regarding your behaviour towards, or with, children or young people, you may find the following contact details useful as a form of support and guidance.*

*Please note: This list is not exhaustive, and not all services will be relevant to you.*





# SUPPORT AND GUIDANCE CONTACTS

## THE NSPCC

A free and confidential telephone Helpline that provides counselling, information and advice to anyone concerned about a child at risk of ill-treatment or abuse. Available between 10am – 4pm Monday to Friday,

T: **0800 800 5000**

E: [help@nspcc.org.uk](mailto:help@nspcc.org.uk)  
[www.nspcc.org.uk](http://www.nspcc.org.uk)

Accessibility options can be found at:  
[www.nspcc.org.uk/accessibility/](http://www.nspcc.org.uk/accessibility/)

## CHILDLINE

Childline is the UK's free helpline for children and young people. It provides a confidential telephone counselling service for any child with any problem, 24 hours a day, every day.

T: **0800 1111**

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

## FAMILY LIVES

Family Lives is a national charity providing information and support to anyone in a parenting role. The helpline is staffed by trained volunteers who are parents themselves. They can provide advice on a whole range of subjects, including help for those who are at risk of abusing their children.

T: **0800 800 2222**

E: [askus@familylives.org.uk](mailto:askus@familylives.org.uk)  
[www.familylives.org.uk](http://www.familylives.org.uk)

## FAMILY RIGHTS GROUP

Advises parents and other family members whose children are involved with or require children's social care services because of welfare needs or concerns.

T: **0800 801 0366**

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

## FASO

FASO is a voluntary organisation dedicated to supporting anyone affected by a false allegation of abuse.

T: **03335 779 377**

E: [support@false-allegations.org.uk](mailto:support@false-allegations.org.uk)  
[www.false-allegations.org.uk](http://www.false-allegations.org.uk)

## THE SAMARITANS

Nationwide, non-religious, non-political 24 hour confidential support.

T: **116 123**

E: [jo@samaritans.org](mailto:jo@samaritans.org)  
[www.samaritans.org](http://www.samaritans.org)

## MIND

Mind provides information and support for people experiencing mental health problems.

T: **0300 102 1234** (Support Line)

T: **0300 123 3393** (Information Line)

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

## CALM (Campaign Against Living Miserably)

CALM supports anyone who is struggling with life.

T: **0800 585858**

(Live Chat and WhatsApp available via website)

[www.thecalmzone.net](http://www.thecalmzone.net)

## NAPAC

NAPAC are a registered charity, based in the UK, providing support and information for people abused in childhood.

T: **0800 801 0331**

E: [support@napac.org.uk](mailto:support@napac.org.uk)  
[www.napac.org.uk](http://www.napac.org.uk)

## STOP IT NOW

STOP IT NOW give anonymous support and advice to anyone with concerns about child sexual abuse.

T: **0800 1000 900**

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

# SUPPORT AND GUIDANCE CONTACTS

## ALCOHOLICS ANONYMOUS

Alcoholics Anonymous, or AA, is a community of people who come together with one aim: to stay sober and help other alcoholics seeking help to stop drinking.

T: **0800 917 7650**

E: [help@aamail.org](mailto:help@aamail.org)

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

## NARCOTICS ANONYMOUS

Narcotics Anonymous is a community of people who support each other to achieve and maintain a drug free life.

T: **0300 999 1212**

E: [helpline@ukna.org](mailto:helpline@ukna.org)

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

## CITIZENS ADVICE

Their website includes a page titled "If you've been accused of child abuse".

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

## THE REFEREES' ASSOCIATION

Support for referees who have been physically, verbally or mentally abused whilst officiating or suspended/charged by The Football Association.

T: **02476 420360**

[www.the-ra.org](http://www.the-ra.org)

## HOW CAN I ACCESS LOCAL SUPPORT?

The support services provided in this document are national services. Should you require a local service, you could speak with your GP or other local directory such as the Citizen's Advice Bureau. Local Libraries and Community Centres can also be helpful sources of information.





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