

GUIDANCE NOTES NO:

**9.1**

# WHERE CAN I GET HELP?

**FOR ALL**

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*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](http://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](http://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](http://www.youngminds.org.uk)

## FOR PARENTS/CARERS:

**MOSAC** is a charity that offers support to parents and carers of children who have been sexually abused (including parents of adult survivors).

W: [www.mosac.org.uk](http://www.mosac.org.uk)

T: **0800 980 1958** or **0208 293 9990** (free helplines).



More overleaf...

## FOR ADULT SURVIVORS OF SEXUAL ABUSE (listed alphabetically)

ORGANISATION	WEBSITE	CONTACT	SERVICES OFFERED
NAPAC	<a href="https://napac.org.uk/">https://napac.org.uk/</a>	<b>0808 801 0331</b>	Supports adult survivors and provides training for those who support them.
NSPCC	<a href="http://www.nspcc.org.uk/">www.nspcc.org.uk/</a>	<b>0808 800 5000</b>	Wide-ranging services aimed at tackling every form of child abuse. Please also see the specialist football helpline in the chart below.
Rape Crisis	<a href="http://www.rapecrisis.org.uk/">www.rapecrisis.org.uk/</a>	<b>0808 802 9999</b>	Specialist support and services for female and male victims and survivors of sexual violence and abuse (NB: the helpline is only for females).
Safeline	<a href="http://www.safeline.org.uk/">www.safeline.org.uk/</a>	<b>0808 800 5008</b>	Operates a national male survivor helpline and online support service for men and boys across England and Wales affected by sexual violence. This service is also available for family and friends supporting a male survivor.
Survivors Manchester	<a href="http://www.survivorsmanchester.org.uk/">www.survivorsmanchester.org.uk/</a>	<b>0161 236 2182</b>	From its website to email support and telephone; the 'Drop In' to the Peer-support groups; through to trauma-informed therapy and the Independent Sexual Violence Service (ISVA); face-to-face and via online, Survivors Manchester's survivor-led services are open to any male survivor of sexual abuse across Greater Manchester.
SurvivorsUK	<a href="http://www.survivorsuk.org">www.survivorsuk.org</a>	<b>020 3598 3898</b>	Supports men and boys, trans and non-binary survivors – and anyone who feels this service is appropriate for them. Counselling, groupwork, Independent Sexual Violence Advisor (ISVA) services based in London and national online helpline.

## ORGANISATIONS WORKING SPECIFICALLY IN FOOTBALL (listed alphabetically)

ORGANISATION	WEBSITE	CONTACT	SERVICES OFFERED
NSPCC Football Helpline	<a href="https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/report/">https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/report/</a>	<b>0800 023 2642</b> or <b>0800 800 5000</b>	A specific helpline set up by the NSPCC for footballers who've experienced sexual abuse.
PFA	<a href="http://www.thepfa.com/">www.thepfa.com/</a>  <a href="mailto:lan.Ackley@thePFA.com">lan.Ackley@thePFA.com</a>	<b>07500 000 777</b>  <b>07940 324285</b>	24-hour counselling helpline for members of the PFA (Professional Footballers' Association).  Survivor Support Advocate (support and signposting for victims of child abuse in grassroots and professional football)
The FA	<a href="http://www.TheFA.com/safeguarding">www.TheFA.com/safeguarding</a>	<a href="mailto:safeguarding@TheFA.com">safeguarding@TheFA.com</a>	Managing child protection concerns and referrals as well as providing information on preventative safeguarding across football.

### IN ADDITION

#### Sporting Chance:

The charity set up by Tony Adams, former Arsenal and England player, Sporting Chance provides support, counselling, treatment, and aftercare to sportsmen and women who are suffering from addictive illnesses such as alcoholism, drug abuse, compulsive gambling and eating disorders; and all the side effects, including anxiety and depression.

[www.sportingchanceclinic.com](http://www.sportingchanceclinic.com)

#### Survivor-led groups set up by former footballers:

You can find out more about the organisations below via their websites:

SAVE: [www.saveassociation.com](http://www.saveassociation.com)

The Offside Trust: [www.offsidetrust.com](http://www.offsidetrust.com)



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