

The Football Association Safeguarding Children Best Practice Guidelines



Advice and Support for Those Who Have Experienced Abuse

Information Sheet 1

TheFA.com/FootballSafe

You may or may not have chosen to disclose (share with somebody) the experiences you have been subjected to. The following contacts details offer you a range of possible contacts for you to use, whether to tell someone what has happened to you or to seek support and/or guidance about how to tell someone.

Perhaps you have already disclosed and you would like to discuss your thoughts, concerns or feelings about your current situation. You may have concerns about your short-term future or the longer term. Whatever the case, you can find someone who will be willing to listen and offer support.

It is important to point out that this guidance is offered in addition to any support and guidance that you receive either from Social Services, the Police or the NSPCC.

Ann Craft Trust – www.anncrafttrust.org

A national association which deals with the protection of learning disabled adults and children from sexual abuse. It also provides support for families and survivors.

Careline – www.ukselfhelp.info/careline

Confidential crisis telephone counselling service for children, young people and adults. Face-to-face service for adults.

Child Line – www.childline.org.uk

Free national 24-hour telephone helpline for children: 0800 1111

Family Rights Group – www.frg.org.uk

Assists families with children in care/residential accommodation/involved in child protection procedures.

FSU – www.fsu.org.uk

Counselling, welfare, legal advice. Offices in all areas of the UK.

Institute of Family Therapy – www.instituteoffamilytherapy.org.uk

Family and couple therapy. Problems for families, children, adolescents, relationships, divorce, separation, illness and bereavement

Kids-in-Crisis – www.get.to/kids-in-crisis

An online resource for children and teenagers who are having difficult life-problems and do not know where to turn for help.

Kidscape – www.kidscape.org.uk

A charity for children that runs a helpline and training events and has collaborated on many child protection initiatives.

Kids Zone – www.nspcc.org.uk/kidszone

Kids Zone is a website designed for young people, where you can find out more about the NSPCC and learn about their work to help children. There's the latest on the FULL STOP campaign and news about celebrity supporters.

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Lifeline - [www.dlf-](http://www.dlf-data.org.uk/contact_detail.php?contact_id=428)

[data.org.uk/contact_detail.php?contact_id=428](http://www.dlf-data.org.uk/contact_detail.php?contact_id=428)

Help and advice for families experiencing psychological, physical or sexual abuse within the home. Encourages and supports groups.

Local Rape Crisis Centres

Contact numbers available in the telephone directory. These centres can offer help to survivors of abuse.

Refuge – www.refuge.org.uk

Can refer women experiencing domestic violence to refuges and give advice on welfare rights.

SAFE – www.ukselfhelp.info/safe

Self Harm Alliance – www.selfharmalliance.org

National organisation offering support

SOLA (Survivors of Lesbian Abuse) -

www.safe4all.org/resource-list/view/12821

Support for those who have experienced violence in a lesbian relationship

The FA/NSPCC Helpline

Tel: 0808 800 5000

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.

- For those with a hearing difficulty, there is a text phone telephone number: 0800 056 0566
- Welsh Helpline: 0800 100 2524
- Asian Helpline operated by Asian consellers in:
 - Gujarati – 0800 096 7714

Hindi – 0800 096 7716

Bengali/Sylehti – 0800 096 7715

Punjabi – 0800 096 7717

Urdu – 0800 096 7718

English – 0800 096 7719

At the time of publication, The Asian Helpline is open between 11am and 7pm, Monday to Friday, so please check the NSPCC website for up-to-date details (http://www.nspcc.org.uk/helpandadvice/whoturn-to/nspcchelpline/helpbyphone/helpbyphone_wda33165.html)

The Samaritans – www.samaritans.org.uk

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

Much of the information regarding the support and self-help organisations has been sourced via the 10th Edition of Help.

We would like to thank them for allowing us to share this information. Please note that additional contacts can be found on their website: www.ukselfhelp.info