

<b>Supportline</b>	Support for children, young adults and adults including those affected by sexual, emotional and physical abuse.	<a href="tel:01708765200">01708 765200</a> <a href="http://www.supportline.org.uk">www.supportline.org.uk</a>
<b>NSPCC</b>	Help for adults concerned about a child.	<a href="tel:08088005000">0808 800 5000</a>
<b>Ann Craft Trust</b>	The Ann Craft Trust (ACT) supports the statutory, independent and voluntary sectors from across the UK to protect disabled children and adults at risk. From training programmes to consultation services, they work to improve standards of safeguarding and raise the levels of best practice across health, social care and education.	<a href="https://www.anncrafttrust.org/help-advice/friend-relative/">https://www.anncrafttrust.org/help-advice/friend-relative/</a>  0115 9515400  <a href="mailto:ann-craft-trust@nottingham.ac.uk">ann-craft-trust@nottingham.ac.uk</a>
<b>Child Protection in Sport Unit</b>	<p>a partnership between the NSPCC, Sport England, Sport Northern Ireland and Sport Wales.</p> <p>They play the lead role in helping sports organisations develop and implement their responses, policies and procedures, systems and structures for safeguarding. The CPSU have a number of useful resources from best practice to template forms and codes of conduct. Resources can be accessed by clicking <a href="#">here</a>.</p>	<a href="tel:01163665590">0116 366 5590</a>  <a href="mailto:cpsu@nspcc.org.uk">cpsu@nspcc.org.uk</a>

<b>Childline</b>	Line for children to talk about anything. No problem is too big or too small.	<a href="tel:08001111">0800 1111</a>
<b>Child Exploitation and Online Protection</b>	If you have a concern about online sexual abuse or the way someone has been speaking to you online.	<a href="https://www.ceop.police.uk/safety-centre/">https://www.ceop.police.uk/safety-centre/</a>
<b>Challenging Behaviour Foundation</b>	For families & professionals caring for children & adults with severe learning disabilities & challenging behaviour.	<a href="tel:03006660126">0300 666 0126</a>
<b>National Autistic Society</b>	For impartial, confidential advice and support on autism for anyone affected by, or researching autism.	<a href="tel:08088004104">0808 800 4104</a>
<b>The Survivors Trust</b>	Support & advice for anyone who has experienced rape or sexual abuse.	<a href="tel:08088010818">0808 801 0818</a> <a href="http://www.thesurvivorstrust.org">www.thesurvivorstrust.org</a>
<b>MOSAC (Mothers of Sexually Abused Children)</b>	Supporting all non-abusing parents and carers whose children have been sexually abused.	<a href="tel:08009801958">0800 980 1958</a> <a href="http://www.mosac.org.uk">www.mosac.org.uk</a>

<b>National Association for People Abused in Childhood (NAPAC)</b>	Support line for adults who have suffered any type of abuse in childhood.	<a href="tel:08088010331">0808 801 0331</a> <a href="http://www.napac.org.uk">www.napac.org.uk</a>
<b>Action on Elder Abuse</b>	Help and advice on all aspects of elder abuse.	<a href="tel:08088088141">080 8808 8141</a>
<b>National Dementia Helpline</b>	Information, support and advice about dementia	<a href="tel:03002221122">03002221122</a>
<b>National Domestic Violence Helpline</b>	Freephone 24hr national domestic violence helpline.	<a href="tel:08082000247">0808 2000 247</a>
<b>NSPCC dedicated footballers hotline</b>	Free helpline for adults who experiences sexual abuse as a young footballer.	<a href="tel:08000232642">0800 023 2642</a>

<b>Thinkaction</b>	Support for people with mild to severe mental health difficulties.	<a href="tel:03000120012">0300 012 0012</a>
<b>Mind infoline</b>	Information on mental health and where to get help.	<a href="tel:03001233393">0300 123 3393</a>
<b>Drinkline</b>	A free helpline for people concerned about their drinking, or someone else's.	<a href="tel:03001231110">0300 123 1110</a>
<b>FRANK</b>	Friendly, confidential advice about drugs and drug use.	<a href="tel:03001236600">0300 123 6600</a>
<b>POhWER:</b>	Information, advice, support and advocacy services in England – to help your voice be heard.	<a href="tel:03004562370">0300 456 2370</a>
<b>VoiceAbility</b>	If you need support, VoiceAbility will help you to speak up and be heard, have rights respects & be at the heart of decisions.	<a href="tel:01223555800">01223555800</a>
<b>Victim Support</b>	For anyone affected by crime in England or Wales.	<a href="tel:08081689111">08 08 16 89 111</a>

<b>Samaritans</b>	Emotional support for people who are experiencing feelings of distress, despair or suicide.	<a href="tel:08457909090">08457 90 90 90</a> (24hrs)
<b>Stop Hate Crime</b>	Reporting + support for victims, witnesses & third parties.	<a href="tel:08001381625">0800 138 1625</a>