

**Support and Resources - Children and Young people**

Below is a selection of national support organisations for a variety of concerns that children or young people may face in an Angling Club, Fishery or federation. These can be provided to children/guardians themselves or be used as guidance to Welfare Officer’s or other individuals providing support.

<p>NSPCC</p>	<p>National organisation with child protection powers who help children who've been abused, protect children at risk, and find the best ways to prevent child abuse from ever happening. The services are a vital part of keeping children safe. Across the UK and Channel Islands, they work directly with children and families in national and regional hubs.</p>	<p><a href="https://www.nspcc.org.uk/">https://www.nspcc.org.uk/</a></p> <p>Helpline: 0808 800 5000 Mon-Fri 10:00-16:00</p> <p>Email: <a href="mailto:help@NSPCC.org.uk">help@NSPCC.org.uk</a></p> <p>Or can report abuse/concerns online</p>
<p>CPSU – Child Protection in Sport Unit (under NSPCC)</p>	<p>The CPSU to works with UK sports councils, governing bodies and other organisations to help them minimise the risk of child abuse during sporting activities. The majority of sports are working towards or have achieved safeguarding standards to protect children in sport.</p>	<p><a href="https://thecpsu.org.uk/">https://thecpsu.org.uk/</a></p>
<p>Childline</p>	<p>Information, Advice &amp; Support — Free and private service for young people. Online, on the phone, anytime.</p>	<p><a href="https://www.childline.org.uk/">https://www.childline.org.uk/</a></p> <p>Tel (under 18’s): 0800 1111</p> <p>Speak to a counsellor online or email with an account</p>

<p>Mind</p>	<p>Mind is a leading mental health charity in the UK dedicated to providing support and resources for anyone experiencing mental health challenges. Mind operates nationally, with over 100 local branches providing tailored support to communities across England and Wales. It can also provide other guidance and links to helplines for other issues both national and locally.</p>	<p><a href="https://www.mind.org.uk/for-young-people/">https://www.mind.org.uk/for-young-people/</a></p> <p>Support line: 0300 102 1234 09:00-18:00, Mon - Fri (except bank holidays).</p> <p>All of Mind’s mental health links to helplines:</p> <p><a href="https://www.mind.org.uk/information-support/guides-to-support-and-services/seeking-help-for-a-mental-health-problem/mental-health-helplines/">https://www.mind.org.uk/information-support/guides-to-support-and-services/seeking-help-for-a-mental-health-problem/mental-health-helplines/</a></p>
<p>Shout</p>	<p>Shout is a UK-based mental health service that offers free, confidential, 24/7 support via text. It provides a safe space for people to talk about their feelings, access immediate help, and receive guidance for managing mental health challenges.</p>	<p><a href="https://giveusashout.org/">https://giveusashout.org/</a></p> <p>Text ‘SHOUT’ to 85258 24//7</p>
<p>Papyrus</p>	<p>PAPYRUS is a UK charity dedicated to preventing suicide among young people. It provides support through its HOPELINE247 service, offering confidential advice and assistance to young people struggling with thoughts of suicide and their families or caregivers. The charity also raises awareness and delivers training on suicide prevention.</p>	<p><a href="https://www.papyrus-uk.org/">https://www.papyrus-uk.org/</a></p> <p>Hope line available 24/7 Tel: 0800 068 414 Email: pat@papyrus-uk.org Text -88247</p>
<p>National Autistic Society</p>	<p>We are the UKs leading charity for autistic people and their families. Since 1962, they have been providing support, guidance and advice to autistic people, their families and people who support autistic individuals.</p>	<p><a href="https://www.autism.org.uk/">https://www.autism.org.uk/</a></p>
<p>The Survivors Trust</p>	<p>The Survivor’s Trust is a national membership organisation supporting specialist rape and sexual abuse services in the voluntary sector.</p>	<p><a href="https://thesurvivorstrust.org/">https://thesurvivorstrust.org/</a></p> <p>Tel: 0808 801 0818 or text: 07860 022 956</p>

		<p>Monday – Thursday: 10am-12.30pm, 1.30pm-3pm &amp; 6pm-8pm                      Friday: 10am – 12.30pm &amp; 1.30pm – 3pm                      Saturday: 10am – 12.30pm                      Sunday: 6pm – 8pm                      Bank holidays: 10am – 12.30pm</p>
Samaritans	Emotional support for people who are experiencing feelings of distress, despair or suicide	<p><a href="https://www.samaritans.org/">https://www.samaritans.org/</a></p> <p>Tel: 116 123 (24 hrs)</p> <p>Email: jo@samaritans.org</p>
National Youth Advocacy Services	Supporting care-experienced children, young people and adults in vulnerable situations since 1979.	<p><a href="https://www.nyas.net/">https://www.nyas.net/</a></p> <p>Helpline: 0808 808 1001</p>
Various National Organisations for Children with disabilities	Here is a list of national organisations provided by SENDIASS that support children with a variety of disabilities.	<p><a href="https://www.kids.org.uk/sendiaass/advice/national-organisations/#:~:text=Children%20and%20Young%20People%20IASS,talk%20to%20a%20friendly%20advisor.">https://www.kids.org.uk/sendiaass/advice/national-organisations/#:~:text=Children%20and%20Young%20People%20IASS,talk%20to%20a%20friendly%20advisor.</a></p>
Young Minds	Young Minds is a national organisation that provides young people with the tools to look after their mental health. Empowering adults to be the best support they can be to the young people in their lives. And give young people the space and confidence to get their voices heard and change the world we live in.	<p><a href="https://www.youngminds.org.uk/">https://www.youngminds.org.uk/</a></p> <p>Variety of helpline numbers  <a href="https://www.youngminds.org.uk/young-person/find-help/i-need-urgent-help/">https://www.youngminds.org.uk/young-person/find-help/i-need-urgent-help/</a></p> <p>Parents helpline: 0808 802 5544                      Monday - Friday 9:30am - 4:00pm</p>

		<p>Online Chat service for parents 9:30am to 4pm</p>
Cruse	<p>Cruse Bereavement Support is a UK charity that provides free and confidential support to people dealing with grief and loss. They offer services such as one-to-one counselling, group sessions, and a helpline, helping individuals navigate the emotional challenges of bereavement.</p>	<p><a href="https://www.cruse.org.uk/">https://www.cruse.org.uk/</a></p> <p>Tel: 0808 808 167 Monday, Wednesday, Thursday, Friday: 09.30-17:00 Tuesday: 13:00-20:00 Saturday – Sunday: Closed</p> <p>Online Webform available Monday and Friday: 09:00-17:00 Tuesday, Wednesday, Thursday: 09:00 – 20:00 Saturday: 10:00-14:00</p>
Winstons Wish	<p>Winston's Wish is a UK charity that supports children and young people coping with the death of a loved one. They provide tailored services, including counselling, group sessions, and resources, to help young people process grief and build resilience.</p>	<p>Tel: 08088 020 021 08:00-20:00 weekdays Email: <a href="mailto:ask@winstonswish.org">ask@winstonswish.org</a> Online Chat available 08:00-20:00 weekdays</p>
National Bullying Helpline	<p>The National Bullying Helpline is a UK organisation that provides confidential advice and support to individuals experiencing bullying. This includes bullying at work, school, or online. They offer guidance on handling bullying situations and understanding rights, as well as resources for both victims and employers.</p>	<p><a href="https://www.nationalbullyinghelpline.co.uk/">https://www.nationalbullyinghelpline.co.uk/</a></p> <p>Tel: 0300 323 0169 or 0845 22 55 787 09:00 to 17:00 Monday to Friday. 10:00 – 12:00 on Saturday</p>

<p>Kidscape</p>	<p>Kidscape is a UK charity that works to prevent bullying and child abuse. It provides resources, advice, and training for children, parents, and professionals to support child safety and wellbeing.</p>	<p><a href="https://www.kidscape.org.uk/">https://www.kidscape.org.uk/</a></p> <p>Parent advice line:            Parent Advice Line: 0300 102 4481            WhatsApp: 07496 682785            Mondays and Tuesdays, 9:30-14:30            Email: parentsupport@kidscape.org.uk</p>
<p>Mermaids</p>	<p>Mermaids is a UK-based charity that supports gender-diverse children, young people, and their families. It offers guidance, advice, and advocacy on issues related to gender identity, aiming to improve mental health and wellbeing for those affected by gender diversity.</p>	<p><a href="https://mermaidsuk.org.uk/">https://mermaidsuk.org.uk/</a></p> <p>Tel: 0808 801 0400            Monday – Friday: 13:00-20:30</p>