LTA SAFEGUARDING CHILDREN POLICY AND PROCEDURE



Policy Owner: LTA Head of Safeguarding & Integrity
Policy approved by: LTA Board
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LTA TENNIS FOR BRITAIN
TENNIS WALES TENNIS CYMRU
Tennis SCOTLAND

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1. POLICY STATEMENT

Safeguarding is the responsibility of everyone within our sport. The LTA is the national governing body of tennis and padel in Britain and is responsible for governing and developing safeguarding across tennis and padel, from grassroots participation through to the professional game. Tennis Scotland and Tennis Wales are the national governing bodies in Scotland and Wales, and Member Organisations of the LTA, and together we work to deliver the vision of tennis opened up and the mission of growing tennis by making it welcoming, enjoyable and inspiring.

The ability of sport to help people be healthy, learn new skills and experiences, achieve their potential and inspire others, is reliant on ensuring the safety, well-being and welfare of everyone involved in our sport. Safeguarding sits at the heart of the LTA's strategy within the 'Lead' strand, with an aim to lead tennis and padel in Britain to the highest standard so that it is a safe, welcoming, and well-run sport. Through our dedicated safeguarding plan, we are committed to maintaining and developing the highest safeguarding standards across tennis and padel. All children have the right to be cared for, protected from harm and abuse, and this policy demonstrates our combined commitment to ensuring all children can participate in a tennis and padel environment which is safe and enjoyable.

This Policy is promoted via various channels, including the LTA, Tennis Scotland and Tennis Wales websites, email communications and training. This policy is reviewed every three years or sooner if there are changes in legislation, government guidance or as a result of any other significant change or event.



Scott Lloyd
LTA CEO



Simon Johnson
Tennis Wales CEO



Blane Dodds
Tennis Scotland CEO

2. POLICY PRINCIPLES AND CULTURE

- Safeguarding is everybody's responsibility
- The welfare of the child is paramount
- All children, regardless of age, disability, gender reassignment, race, religion or belief, sex, or sexual orientation have an equal right to protection from all types of harm or abuse
- Safeguarding concerns are taken seriously, responded to swiftly and appropriate support provided to those involved
- We are committed to maintaining and developing the highest standards of safeguarding across the sport and recognise this is integral to delivering our vision of tennis opened up
- We strive to create a culture and environment where everyone is empowered to protect themselves and others and feel able to raise concerns
- We actively promote working together to ensure all children and adults at risk are safeguarded

3. RESPONSIBILITY FOR SAFEGUARDING

- The **Executive Team**, specifically the **Managing Director – Tennis Development**, have overall accountability for this Policy and its implementation.
- **The Head of Safeguarding** & Integrity reports to the **Managing Director – Tennis Development,** and reports to the **LTA Board** at each Board meeting**. The Head of Safeguarding & Integrity** works closely with the **Board Director for Welfare and Safety**, to ensure the **LTA Board** fulfils its safeguarding responsibilities.
- The **LTA Safeguarding & Integrity Team**, led by the **Head of Safeguarding & Integrity**, has strategic and operational responsibility for safeguarding. This includes:
  - raising safeguarding awareness and promoting safer working practices through the provision of training, campaigns, policies and procedures
  - supporting and advising the tennis and padel workforce on safeguarding matters
  - developing, implementing and quality assuring safeguarding standards across the sport
  - responding to and investigating safeguarding concerns
  - taking action against those who seek to harm children
- **County Safeguarding Officers (England and Wales)** are responsible for ensuring their county complies with safeguarding standards and assisting the LTA Safeguarding & Integrity Team in promoting and embedding a safeguarding culture
- **Welfare Officers** are responsible for ensuring their venue complies with safeguarding standards and acting as the first point of contact for any safeguarding issues within their venue
- **Coaches** and **Officials** are responsible for upholding high standards of conduct and professionalism in accordance with the LTA Code of Conduct
- All **Participants** are responsible for raising safeguarding concerns in accordance with the 'Reporting a safeguarding concern' procedure (see Appendix A and B).

4. SCOPE

This Policy applies to and binds all "**Participants**", which is anyone who is participating or seeking to participate in tennis and padel in any way, whether directly or indirectly. If you are unsure whether the definition of a **Participant** applies to you, please go to the LTA Disciplinary Code for the full definition: **www.lta.org.uk/about-us/what-we-do/governance-and-structure/rules-regulations/**.

5. POLICY AIMS

The purpose of this policy is to:

- Protect children (anyone under the age of 18) from harm
- Provide the necessary information to enable **Participants** to meet their safeguarding responsibilities
- Deliver good practice and high safeguarding standards
- Outline our commitment to safeguarding children

6. COLLEAGUE RECRUITMENT

We operate a Safe Recruitment Policy and are committed to ensuring that **LTA Colleagues** (including contractors) who work with children are appropriately vetted and qualified for that role.

We also require **Welfare Officers**, **County Safeguarding Officers**, **Accredited Coaches**, **Licensed Officials and other eligible roles** to undergo the appropriate Criminal Records Checks through the Disclosure and Barring Service (DBS) or Protecting Vulnerable Groups (PVG) Scheme, and/or the equivalent Overseas Criminal Records Check.

7. COLLEAGUE TRAINING

All LTA **Colleagues** and **Board Members** complete training commensurate to their role every three years, which includes details of our safeguarding policy, procedures and the LTA Safeguarding & Integrity Team.

All **Welfare Officers**, **County Safeguarding Officers**, **Accredited Coaches** and **Licensed Officials** are required to complete safeguarding training every three years.

8. CODE OF CONDUCT

All **Participants** are expected to always act in the best interests of children and ensure that their safety, welfare and well-being is the primary consideration.

All **Participants** must adhere to their respective behaviours as set out in the LTA Code of Conduct (available from: **www.lta.org.uk/about-us/what-we-do/governance-and-structure/rules-regulations/**), as well as other safeguarding procedures or guidance that may be issued from time to time.



9. POSITIONS OF TRUST

A person aged 18 or older who holds a position of authority or responsibility over a child is in a position of trust. Positions of trust are not defined by a qualification or job title, but by reference to the activity which the adult is carrying out in relation to the child, namely, coaching, teaching, training, supervising or instructing (including as a volunteer) on a regular basis. **Participants** who are in a position of trust must be aware of the power imbalance they hold over children and not use this for personal advantage or gratification.

In England and Wales, it is a criminal offence for a person in a position of trust to have a sexual or intimate relationship with a child under 18 years old, even if the relationship is deemed consensual. This means that any sexual activity (including online activity) between someone in a position of trust and a child under 18 years old will be formally reported as it may be a criminal offence.

TYPES OF ABUSE AND HARM



10. TYPES OF CHILD ABUSE

There are four main types of child abuse:

- Sexual
- Physical
- Emotional
- Neglect

Detailed descriptions of these types of abuse, along with other forms of harm, can be found in appendix A.



11. RECOGNISING ADDITIONAL VULNERABILITY

Some children may be additionally vulnerable to abuse because of their personal circumstances, identity, health, disability, communication needs or sporting environment. This may include children with physical disabilities, learning difficulties or mental health conditions, children affected by domestic abuse, poverty, substance misuse, homelessness or social exclusion, children from LGBTQ+ or Black, Asian and Other Minority Ethnic groups, and elite child athletes.

These children may have fewer protective relationships, be more dependent on adults or support staff, face discrimination or bullying, find it harder to communicate or report concerns, or feel pressure to accept harmful behaviour because of their circumstances or sporting progression.

RESPONDING TO SAFEGUARDING CONCERNS

Everyone has a responsibility to ensure the safety and welfare of children and to take appropriate steps to ensure that safeguarding concerns and allegations of abuse or poor practice are taken seriously and responded to quickly and appropriately, even if it may not have occurred recently.



12. SAFEGUARDING CONCERNS

Upon becoming aware of a safeguarding concern, **Participants** must follow the 'Reporting a safeguarding concern' procedure (see Appendix A and B). It is advisable to discuss safeguarding concerns with parent or carer in the first instance except where this may place a child, or someone else, at increased risk. When unsure, seek advice from the Welfare Officer or LTA Safeguarding & Integrity Team.

13. LOWER-LEVEL CONCERNS

A lower-level concern is any concern, doubt or worry that someone may have acted in a way that falls short of abuse but is inconsistent with the LTA Code of Conduct. The behaviour may happen inside or outside tennis and padel, and does not need to directly involve children. It would not usually require referral to the police, Local Authority Designated Officer (LADO, England and Wales only) or children's services, but still requires a response.

Lower-level concerns are not acceptable and must be reported to the venue Welfare Officer, who will refer them to the LTA Safeguarding & Integrity Team. The LTA will triage and consider the concern under the LTA Safeguarding Regulations. Referring all concerns helps identify patterns of concerning, problematic or inappropriate behaviour and prevents information being lost.

14. LTA ASSESSMENT OF CONCERN

Once a safeguarding concern or lower-level concern allegation is reported to the LTA Safeguarding & Integrity Team, it will be triaged by a senior manager. The LTA Safeguarding & Integrity Team investigate matters which meet the threshold for **Prohibited Conduct** in accordance with the LTA Safeguarding Regulations: **www.lta.org.uk/about-us/what-we-do/governance-and-structure/rules-regulations/**

Concerns which do not meet the **Prohibited Conduct** threshold can be managed by the venue or county, with LTA support. If at any point further information comes to light which increases the level of concern, the matter must be referred back to the LTA Safeguarding & Integrity Team.

It is not the responsibility of any Participant to determine whether a matter is a safeguarding concern, a lower-level concern, or meets the threshold of Prohibited Conduct. Participants are also not responsible for conducting any investigation unless otherwise directed by the LTA.

15. RESPONDING TO A DISCLOSURE OF ABUSE

If a child discloses that he or she has been abused or is at risk of abuse:

- Listen carefully and calmly to them
- Reassure them that they have done the right thing and what they have told you is very important
- Avoid questioning where possible, and never ask leading questions
- Do not promise confidentiality. Let them know that you will need to speak to the Welfare Officer/LTA Safeguarding & Integrity Team because it is in their best interest. If you intend to speak to the police or social care, you should let them know this too
- Report the safeguarding concern. In an emergency, call the police (999), otherwise talk to the Welfare Officer/LTA Safeguarding & Integrity Team as soon as possible. Do not seek to investigate it yourself or let doubt/personal bias prevent you from reporting the allegation
- Record details of the disclosure (**further advice here**) as soon as possible (but not during the disclosure) and then submit the details to the LTA via **safeguardingconcern.lta.org.uk/**
- Ensure that the child's immediate needs are met and that the priority is their safety and protection from further risk of harm
- It is advisable to discuss safeguarding concerns with parents in the first instance except where this may place a child, or someone else, at increased risk. When unsure, seek advice from the Welfare Officer or LTA Safeguarding & Integrity Team.

16. CONFIDENTIALITY

All safeguarding concerns and allegations will be dealt with confidentiality by the LTA Safeguarding & Integrity Team on a need-to-know basis, not only to maintain the privacy of the individuals involved but also to ensure that evidence or any investigation is not compromised. All **Participants** involved in a safeguarding concern or allegation should similarly ensure they maintain high levels of confidentiality.

There may be circumstances where an individual raising a safeguarding concern or allegation does not wish to be named. It is not possible for the LTA to assure anonymity, as in some circumstances individuals will need to be named (for example, in order to carry out a fair disciplinary process).

17. INFORMATION SHARING AND RETENTION

Data protection and human rights law support appropriate information sharing when justified. The LTA Safeguarding & Integrity Team may share information with statutory agencies and relevant organisations where necessary and proportionate to prevent or manage the risk of harm to children in tennis, padel or wider sport. We will be open and honest about what may be shared, seek consent where appropriate, take advice where needed, and base decisions on safety and well-being. Information shared will be necessary, proportionate, relevant, adequate, accurate, timely and secure.

We keep a dated record of any decision to share or not share information, including what was shared, with whom and for what purpose. All safeguarding information is stored securely on LTA systems in line with our retention and storage of information policy.

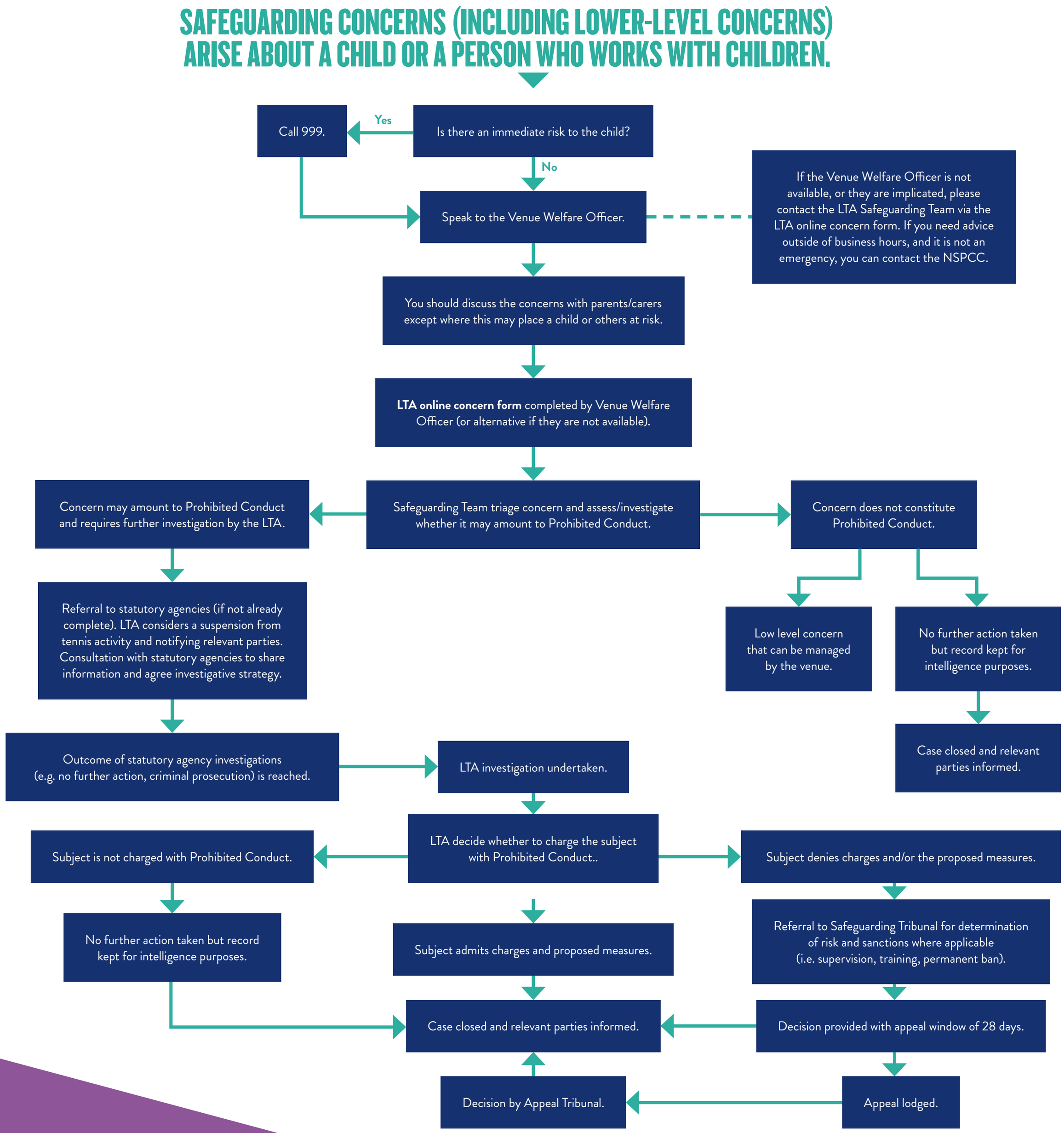
18. WHISTLEBLOWING

Whistleblowing is reporting wrongdoing where it is in the public interest to do so. This may include unclear safeguarding procedures, concerns not being dealt with properly, concerns being covered up or not acted on, or fear of repercussions for raising a safeguarding concern or allegation.

Whistleblowers should contact their venue Welfare Officer first and if that is not relevant or appropriate they should contact the LTA Safeguarding & Integrity Team. Alternatively, they can contact the NSPCC Whistleblowing advice line on 0800 028 0285 or email **help@nspcc.org.uk**.

Safecall is an independent, confidential and, if needed, anonymous reporting service provided by the LTA for serious public interest concerns, including criminal offences, failure to comply with a legal obligation, miscarriage of justice, risks to health and safety, environmental damage or covering up wrongdoing. If it is not appropriate to contact the LTA Safeguarding & Integrity Team, whistleblowers can contact Safecall on 0800 915 1571 or o nline: **www.safecall.co.uk/report**

APPENDIX A: REPORTING A SAFEGUARDING CONCERN THAT OCCURS WITHIN TENNIS AND PADEL



Contacts

LTA Lead Safeguarding Officer:
Geraldine Costello
(contactable via online concern form)

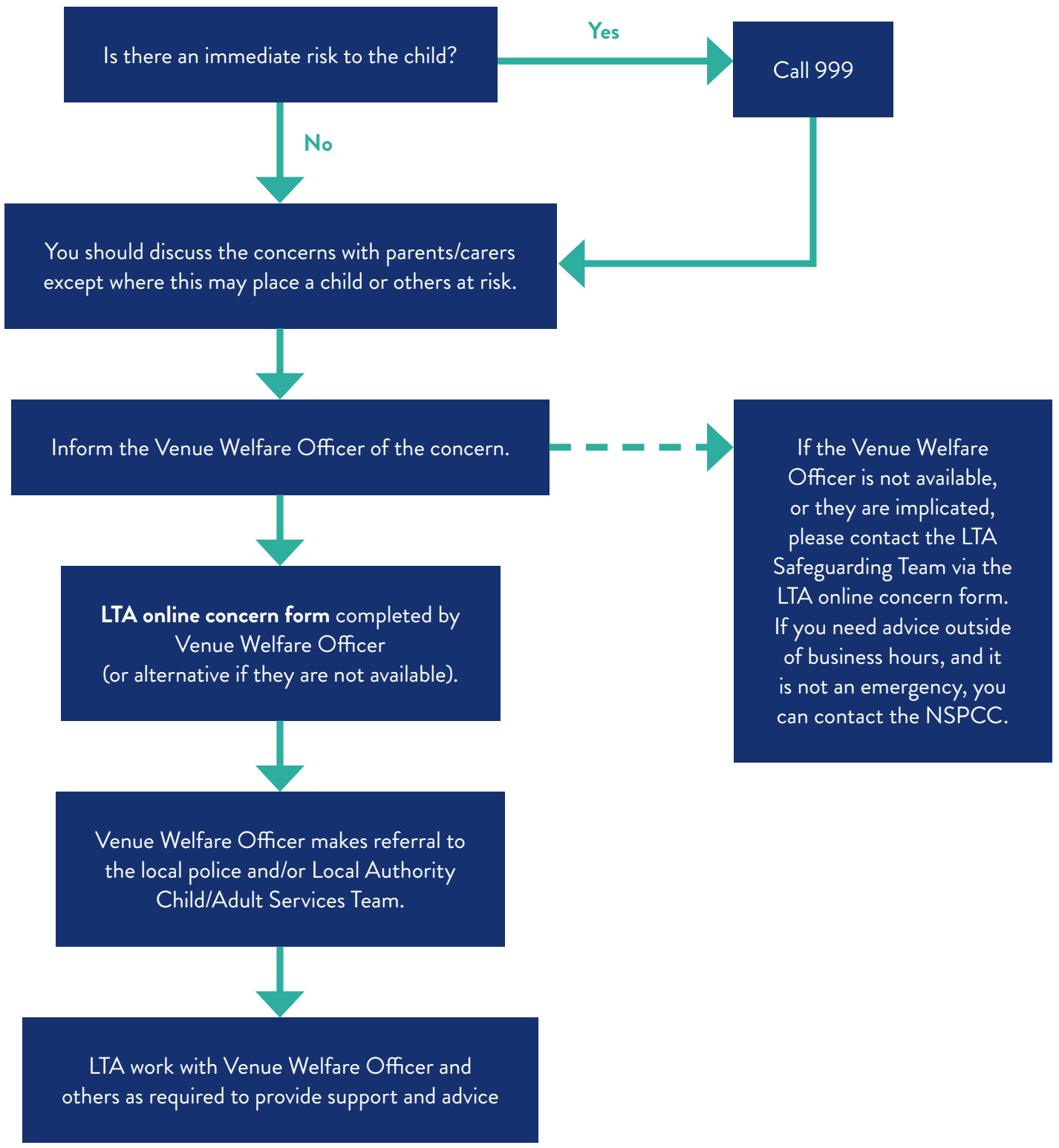
LTA online concern form:
safeguardingconcern.lta.org.uk

NSPCC: 0808 800 5000

Emergency Services: 999

APPENDIX B: REPORTING A SAFEGUARDING CONCERN THAT HAPPENS OUTSIDE OF TENNIS AND PADEL*

CONCERNS ABOUT A CHILD (INCLUDING A PERSON WHO WORKS WITH THEM).



Contacts

LTA Lead Safeguarding Officer:
Geraldine Costello
(contactable via online concern form)

LTA online concern form: safeguardingconcern.lta.org.uk

NSPCC: 0808 800 5000

Emergency Services: 999

*A concern happening outside of tennis and padel means any concern or allegation that has occurred in another setting, e.g. a child being bullied at school, domestic violence at home, etc.

APPENDIX C: DEFINITIONS

Adult at risk:

In England, an individual aged 18 years and over who:

(a) has needs for care and support (whether or not the local authority is meeting any of those needs) AND;

(b) is experiencing, or at risk of, abuse or neglect, AND;

(c) as a result of those care and support needs is unable to protect themselves from either the risk of, or the experience of abuse or neglect.

In Scotland, an individual aged 16 years and over who:

a) is unable to safeguard their own well-being, property, rights or other interests,

b) is at risk of harm, AND;

c) because they are affected by disability, mental disorder, illness or physical or mental infirmity, is more vulnerable to being harmed than adults who are not so affected.

In Wales, an individual aged 18 years and over who:

a) is experiencing or is at risk of abuse or neglect, AND;

b) has needs for care and support (whether or not the authority is meeting any of those needs) AND;

c) as a result of those needs is unable to protect himself or herself against the abuse or neglect or the risk

Child: a person under the age of 18 years.

Adult: a person aged 18 years or older

Parent: birth parents, carers, legal guardians and other adults who are in a parenting role.

Participant: anyone participating or seeking to participate in tennis and padel in any way whatsoever whether directly or indirectly. The LTA Disciplinary Code available here: **www.lta.org.uk/about-us/what-we-do/governance-and-structure/rules-regulations/** contains the full definition

Safeguarding: the action taken to promote the welfare of children and protect them from harm. This means protecting children from abuse and maltreatment, preventing harm to their health or development, ensuring they grow up with the provision of safe and effective care, and taking action to enable all children to have the best outcomes.

Child protection: the processes undertaken to protect children who have been identified as suffering, or being at risk of suffering, significant harm.

Prohibited conduct: engage, or attempt or threaten to engage, in conduct that directly or indirectly harms the physical and/or mental welfare and/or safety of one or more child or adult at risk; or pose a risk of harm to the physical and/or mental welfare and/or safety of one or more child or adult at risk.

APPENDIX C: DEFINITIONS (CONTINUED)

Abuse: Child abuse happens when a person harms a child. Children may be abused by:

- other children
- family members
- friends
- people working or volunteering in organisational or community settings
- people they know
- strangers

Indicators of abuse: There are many signs and indicators that may suggest a child is being abused or neglected. The NSPCC has a comprehensive list of the types of abuse and their indicators at: **www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/**.

Neglect: Ongoing failure to meet the basic needs of children. Neglect may involve failing to provide adequate food or shelter including exclusion from home or abandonment, failing to protect them from physical and emotional harm or danger or failing to ensure access to appropriate medical care or treatment. It may also include neglect of, or unresponsiveness to, basic emotional needs.

Emotional abuse: Any act or other treatment which is persistent and may cause emotional damage and undermine a child's sense of wellbeing. This includes persistent criticism, denigration or putting unrealistic expectations on children, isolation, verbal assault, humiliation, blaming, controlling, intimidation or use of threats.

Physical abuse: Physical abuse happens when a child is deliberately hurt, causing physical harm. It can involve hitting, kicking, shaking, throwing, poisoning, burning or suffocating. It's also physical abuse if a parent or carer makes up or causes the symptoms of illness in children. For example, they may give them medicine they don't need, making them unwell. This is known as fabricated or induced illness (FII).

Sexual abuse: Any act which involves forcing or enticing a child to take part in sexual activities. It doesn't necessarily involve violence and the child may not be aware that what is happening is abuse. The activities may involve physical contact, including assault by penetration (for example, rape or oral sex) or non-penetrative acts such as masturbation, kissing, rubbing and touching outside of clothing.

They may also include non-contact activities, such as involving children in looking at, or in the production of, sexual images, watching sexual activities, encouraging children to behave in sexually inappropriate ways, or grooming a child in preparation for abuse. Sexual abuse can take place online, and technology can be used to facilitate offline abuse. Sexual abuse is not solely perpetrated by adult males. Women can also commit acts of sexual abuse, as can other children.

Abusers may threaten to send sexually explicit images, video or copies of sexual conversations to the child's friends and family unless they take part in other sexual activity. Images or videos may continue to be shared long after the abuse has stopped.

APPENDIX C: DEFINITIONS (CONTINUED)

Grooming: The process of developing a relationship with and the trust of a child, their family, and any other adults around the child, to commit sexual abuse or exploitation against them. Grooming can happen both online and in person.

Child sexual exploitation: A form of child sexual abuse. It occurs where an individual or groups of people take advantage of an imbalance of power to coerce, manipulate or deceive a child into sexual activity in exchange for something the victim needs or wants and/or for the financial advantage or increased status of the perpetrator or facilitator. The victim may have been sexually exploited even if the sexual activity appears consensual. Child sexual exploitation can also take place through the use of technology.

Harmful sexual behaviour: Harmful sexual behaviour (HSB) is developmentally inappropriate sexual behaviour which is displayed by children and which may be harmful or abusive. It may also be referred to as sexually harmful behaviour or sexualised behaviour.

HSB encompasses a range of behaviour, which can be displayed towards younger children, peers, older children or adults. HSB can include sexually explicit language, inappropriate touching, sexual violence, threats, or activity.

Sexual behaviour between children is considered harmful if one of the children is much older – particularly if there is more than two years' difference in age or if one of the children is pre-pubescent and the other isn't. However, a younger child can abuse an older child, particularly if they have power over them – for example, if the older child is disabled

Bullying: Repeated behaviour intended to intimidate or upset a child and/or make them feel uncomfortable or unsafe, for example, name calling, exclusion or isolation, spreading rumours, embarrassing someone in public or in front of their peers, threatening to cause harm, physically hurting someone or damaging their possessions.

Cyberbullying: The use of technology to harass, threaten, embarrass, humiliate, spread rumours or target another child.

Child trafficking: Child trafficking involves recruiting and moving children who are then exploited. Many children are trafficked into the UK from overseas, but children can also be trafficked from one part of the UK to another. Children may be trafficked for child sexual exploitation, benefit fraud, forced marriage, domestic servitude, forced labour, criminal exploitation and more.

County lines: The organised criminal distribution of drugs by gangs from the big cities into smaller towns and rural areas using children. Gangs recruit children through deception, intimidation, violence, debt bondage and/or grooming. County line gangs pose a significant threat to children upon whom they rely to conduct and/or facilitate such criminality.

APPENDIX C: DEFINITIONS (CONTINUED)

Discriminatory abuse: Abuse or bullying because of discrimination occurs when motivated by a prejudice against certain people or groups of people. This may be because of an individual's ethnic origin, colour, nationality, race, religion or belief, gender, gender reassignment, sexual orientation or disability. Actions may include unfair or less favourable treatment, culturally insensitive comments, insults and 'banter'.

Domestic abuse: Domestic abuse is any type of controlling, coercive, threatening behaviour, violence or abuse between people who are, or who have been in a relationship, regardless of gender or sexuality. It can include physical, sexual, psychological, emotional or financial abuse.

Exposure to domestic abuse is child abuse. Children can be directly involved in incidents of domestic abuse or they may be harmed by seeing or hearing abuse happening. Children in homes where there is domestic abuse are also at risk of other types of abuse or neglect.

Female genital mutilation: Female genital mutilation (FGM) is the partial or total removal of external female genitalia for non-medical reasons. It's also known as female circumcision or cutting. The age at which FGM is carried out varies. It may be carried out when a child is new-born, during childhood or adolescence, just before marriage or during pregnancy. There are no medical reasons to carry out FGM.

Hazing: Rituals, initiation activities, actions or situations that occur with or without consent, which recklessly, intentionally or unintentionally endanger the physical or emotional well-being of vulnerable groups.

Honour-Based Violence: Honour-Based Violence (HBV) encompasses crimes which have been committed to protect or defend the honour of the family and/or the community, including Female Genital Mutilation (FGM), forced marriage, and practices such as breast ironing. All forms of HBV are abuse.

Infatuations: Children may develop an infatuation with a person who works with them. Such situations should be handled sensitively to maintain the dignity and safety of all concerned. People who work with children should be aware, that in such circumstances, there is a high risk that words or actions may be misinterpreted and that allegations could be made against them. These people should therefore ensure that their own behaviour is above reproach. Situations where a child is infatuated should be raised at the earliest opportunity with the Welfare Officer and LTA Safeguarding & Integrity Team.

Peer-on-peer abuse: Children can be taken advantage of or harmed by their peers. Peer-on-peer abuse is any form of physical, sexual, emotional and financial abuse, and coercive control, exercised between individuals and within relationships (both intimate and nonintimate).

Radicalisation: The process by which a person comes to support terrorism and forms of extremism leading to terrorism. Anybody from any background can become radicalised. The grooming of children for the purposes of involvement in extremist activity is a serious safeguarding issue.

APPENDIX D: LEGISLATION, GUIDANCE AND REGULATIONS

Our approach to safeguarding is based on the principles recognised within UK legislation as well as Government guidance. These include:

- Age of Legal Capacity Act 1991 (Scotland)
- Information Sharing Advice for Safeguarding Practitioners 2018
- Care Act 2014
- Keeping Children Safe in Education 2022
- Children Act 1989
- Police Act 1997
- Children Act 1995 (Scotland)
- Protection from Abuse Act 2001 (Scotland)
- Children Act 2004
- Protection of Children Act 1999
- Children (Equal Protection from Assault) Act 2019 (Scotland)
- Protection of Children and Prevention of Sexual Offences Act 2005 (Scotland)
- Children and Social Work Act 2017
- Protection of Freedoms Act 2012
- Children and Young People Act 2014 (Scotland)
- Protection of Vulnerable Groups Act 2007 (Scotland)
- Commissioner for Children and Young People Act 2003 (Scotland)
- Rehabilitation of Offenders Act 1974
- Crime and Policing Act 2026
- Safeguarding Vulnerable Groups Act 2006
- Criminal Procedure Act 1995 (Scotland)
- Sexual Offences (Amendments) Act 2000
- Data Protection Act 1998
- Sexual Offences Act 2009 (Scotland)
- Disclosure Act 2020 (Scotland)
- Sexual Offences Act 2003
- Equalities Act 2010
- Social Services and Wellbeing Act 2014 (Wales)
- European Convention on Human Rights 1950
- The Age of Criminal Responsibility Act 2019 (Scotland)
- General Data Protection Regulations 2018
- United Nations Convention on the Rights of the Child 1989
- Getting It Right For Every Child (GIRFEC) (Scotland)
- Wales Safeguarding Procedures
- Human Rights Act 1998
- Working Together to Safeguard Children 2018 (revised 2020)

The LTA also has a number of related policies and procedures in place that govern our activities and the game of tennis and padel which can be found here: **www.lta.org.uk/about-us/what-we-do/governance-and-structure/rules-regulations/**.

APPENDIX E: ADDITIONAL INFORMATION AND SUPPORT

Alcoholics Anonymous
Free helpline for alcohol issues.
0800 9177 650
help@aamail.org
www.alcoholicsanonymous.org.uk

Anger Management
British Association of Anger Management (BAAM)
0845 130 0286
www.angermanage.co.uk

Beat
Provides support on all aspects of eating disorders.
0808 801 0677 (over 18s)
help@beateatingdisorders.org.uk

Bipolar UK
Support to enable people affected by bipolar disorder/ manic depression to take control of their lives.
0333 323 3880
info@bipolaruk.org
www.bipolaruk.org.uk

ChildLine
ChildLine help anyone under 19 in the UK with any issue they are going through.
08001111 or you can email or live chat at:
www.childline.org.uk/about/about-childline/

Galop
Emotional and practical support for LGBT people experiencing domestic violence.
0800 999 5428
help@galop.org.uk

Men's Advice Line
Information, support and advice to men experiencing domestic violence, offered by Respect.
0808 801 0327
info@mensadviceline.org.uk

Mind
Information, advice, guidance and support for people with mental health problems.
0300 123 3393
info@mind.org.uk

National Domestic Violence Helpline
Run in partnership between Women's Aid & Refuge.
0808 2000 247

NAPAC
The National Association for People Abused in Childhood (NAPAC) offers support to adult survivors of all types of childhood abuse.
0808 801 0331
napac.org.uk/

APPENDIX E: ADDITIONAL INFORMATION AND SUPPORT (CONTINUED)

NSPCC
The NSPCC can support with any concerns about a child's safety or wellbeing.
help@nspcc.org.uk
0808 800 5000

One in four
Specialising in working with survivors of childhood sexual abuse and sexual violence. Offers long-term 1-1 therapy.
0208 697 2112
admin@oneinfour.org.uk
www.oneinfour.org.uk

Relate
Counselling and relationship education for couples. Live chat line service also available.
0300 100 1234
www.relate.org.uk

Samaritans
Call 116 123 for free - Whatever you're going through, a Samaritan will face it with you.
www.samaritans.org

Sane
Deals with all aspects of mental illness including depression, schizophrenia and anxiety.
0845 767 8000
www.sane.org.uk

The Survivors Trust
The Survivors Trust is the largest umbrella agency for specialist rape and sexual abuse services in the UK
01788 550554
www.thesurvivorstrust.org

Talk to Frank
National organisation providing advice regarding drugs and substance abuse. On-line live chat service also available.
0300 123 6600
www.talktofrank.com

