

Is something worrying you?
Do you need someone to talk to?
Speak to your Club Welfare Officer



Your Club Welfare Officer is there to listen if you need someone to talk to or you are concerned about somebody's safety and wellbeing.

Alternatively, you can contact:

Childline on 0800 1111

NSPCC on 0808 800 5000

Police on 999

Young Minds Mental Health Crisis Messenger

Text YM to 85258



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