



Support Network Signposting



The PFA

You are a member of this union and have access to their confidential 24/7 well-being service and hotline.



Support Organisations

There are many organisations and charities available to you such as Mind, Sporting Chance, NSPCC and Stonewall.



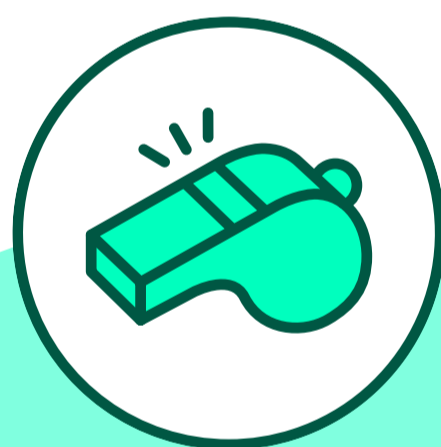
Tutors

Remember your teaching professionals are on hand to help you and have experience in supporting young people.



Family and Friends

The people you trust in your private life will have your best interests at heart and will want to help you.



Club Staff

You can discuss your well-being with your Coach, Head of Education, Player Care Manager or Safeguarding Officer.



LFE Regional Officer

An independent and experienced person who supports academy education and welfare.



THE PFA

0161 236 0575
thepfa.com



0300 123 3393
mind.org.uk



0870 220 0714
sportingchanceclinic.com



0808 800 5000
nspcc.org.uk



07925 890 734
stonewall.org.uk