



Suicide Helpline

<https://www.spuk.org.uk>



08006 895652

<https://www.trusselltrust.org>



Food Bank Support

NSPCC

0116 366 5580

<https://www.thecpsu.org.uk>

Children Protection in sport unit

<https://www.nhs.uk/womens-health/>



Womens Health Support

<https://www.dementiauk.org>



08008 886678

<https://www.mind.org.uk>



Mental Health Support

<https://www.findahelpline.com>



Free Confidential Support

ann craft trust

acting against abuse
0115 951 5400

<https://www.ukna.org>

10am to midnight



Narcotics Anonymous

0300 999 1212

<https://www.giveusashout.org>

shout

TEXT **85258**

here for you 24/7



Mental Health Support

<https://www.gamcare.org.uk>



Problem Gambling Support



08088 020133

citizens advice



<https://www.citizensadvice.org.uk>

shout

TEXT **85258**

here for you 24/7



Mental Health Support

<https://www.macmillan.org.uk>

MACMILLAN CANCER SUPPORT

8am-8pm Free

08082 391482



7 days a week

<https://www.refuge.org.uk>

Refuge

For women and children. Against domestic violence.



Abuse Support

08082 00247

<https://www.alcoholics-anonymous.org.uk>



0800 917650

<https://www.samaritans.org/>

"It's alright to ask for help"

SAMARITANS

116 123



**Ask for help,
not because you
are weak but because
you want to
remain strong**



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Your Club Safeguarding Officer is

www.bowlsbuddies.com