

## Advice and support for individuals receiving a concern or allegation

If you have personally received a concern from a child or adult you may wish to speak with someone confidentially to help you deal with what you have heard. You may also feel the need to be reassured that the issues are being dealt with in the best possible way with the interests of the child or young person being paramount.

You will be able to discuss the disclosure with the British Rowing Child Protection Officer, and they will be able to keep you informed of the case and its progress. However, you may wish to speak to someone outside of the rowing environment.

Clearly confidentiality is essential and therefore when seeking support or guidance from a recommended source as detailed below you will be expected to keep the personal details (names of individuals concerned, location etc) confidential. The following contact details provide a variety of potential support mechanisms for you to approach.

### NSPCC Helpline

24 hour free and confidential telephone Helpline that provides counselling, information and advice to anyone concerned about a child at risk of ill treatment or abuse. **0808 800 5000**

### Carelina

Confidential crisis telephone counselling service for children, young people and adults. **0208 541 1177**

### The Samaritans

Nationwide, non-religious, non-political 24 hour confidential support. **08457 90 90 90** [www.samaritans.org.uk](http://www.samaritans.org.uk)

### Victim Support

Local Victim Support services provide emotional support, information and practical help for victims and witnesses. **0845 3030 900**

### Self Help

The UK's free online specialised child protection resources. A general list of 1,000 self-help organisations in the UK. [www.self-help.org.uk](http://www.self-help.org.uk)