

Useful external contact details

General racing contacts

Racing Welfare– General welfare/housing/drugs & alcohol advice

Racing Welfare main office is open from 9–5pm Mondays to Fridays (answer phone out of hours)

Telephone: 01638 560763

Helpline: 0800 6300443 (Available 24 hours a day)

www.racingwelfare.co.uk

Email: info@racingwelfare.co.uk

NARS

National Association of Racing Staff – Help, advice & representation

www.naors.co.uk

Telephone: 01638 663411

Email: admin@naors.co.uk

National Chaplain to horse racing

Pastor Simon Bailey

www.sportschaplaincy.org.uk

Email: horseracing@sportchaplaincy.org.uk

Skype 07877 981498

Via Racing Welfare Telephone: 01638 560763

Other Contacts

Alcoholics Anonymous

www.alcoholics-anonymous.org.uk

Email: help@aamail.org

Telephone: 0800 9177650

For those who think their drinking is becoming a problem, Alcoholics Anonymous offers the chance to talk to someone who knows the issues through personal experience.

BackCare Helpline

www.backcare.org.uk

Telephone: 020 8977 5474

Speak to someone at this registered charity who has experienced back pain. The helpline provides support and information and explains your options.

Beat Eating Disorders

www.beateatingdisorders.org.uk

Telephone: 0808 8010677

Beat is the leading UK charity for people with eating disorders and their families. Information and help on all aspects of eating disorders including anorexia, bulimia, and binge eating.

Brook Advisory Centres

www.brook.org.uk

Free and confidential sexual health and services for under -25s.

Childline

www.childline.org.uk

Telephone: 0800 1111

Counselling service for children and young people under 18's.

Domestic Violence Helpline

www.nationaldomesticviolencehelpline.org.uk

Telephone: 0808 2000 247

www.nationaldahelpline.org.uk

National Domestic violence 24-hour helpline run in partnership between Women's Aid and refuge, it is a service for women experiencing domestic violence, their family, friends, colleagues and others calling on their behalf.

Drinkaware

www.drinkaware.co.uk

Email: contact@drinkaware.co.uk

0300 123 1110

Works to reduce alcohol misuse and harm in the UK, by helping people make better choices about drinking.

FPA

www.fpa.org.uk

0300 123 7123

For information and advice on contraception, sexually transmitted infections, pregnancy choices, abortion or planning pregnancy.

Frank

www.talktofrank.com

0300 1236600

Call for confidential friendly advice about drugs from professional advisers who will give you straight up unbiased information.

Gamblers Anonymous UK

www.gamblersanonymous.org.uk

0330 094 0322

Supporting problem gamblers

Learning Disability Helpline

www.mencap.org.uk

0808 808 1111

An advice and information service from Mencap for people with a learning disability, their families and carers.

Macmillan Cancer Support

www.macmillan.org.uk

0808 808 0000

For anyone affected by cancer, their families, friends, professionals, provides information on different types of cancer, risk reduction and medical treatments.

Male Health

www.menshealthforum.org.uk

0330 097 0654

Independent health information from the men's health forum, promoting better health for men.

Mind

www.mind.org.uk

0300 1233393

Provide advice and support to empower anyone experiencing a mental health problem.

National Aids Helpline

0800 567 123

www.nat.org.uk

Confidential helpline about aids

National Debt Line

www.nationaldebtline.org

0808 8084 000

Confidential helpline about debt

Narcotics Anonymous UK

0300 9991212

www.ukna.org

Support and advice about the nature of drug addiction.

No Panic

www.nopanic.org.uk

0300 772 9844

Youth line 0333 772 2644

Support for sufferers of panic attacks, phobias, Obsessive Compulsive Disorder, General Anxiety Disorder, and tranquiliser withdrawal.

Skill

www.skill.org.uk

Telephone: 0800 328 5050

Promotes opportunities for young people and adults with any kind of disability in post-16 education, training and employment across the UK.

The Patients Association

www.patients-association.com

Telephone: 0800 345 7115

Provides specialist information, advice and sign posting to help people navigate the often complex world of health and social care.

The Samaritans

www.Samaritans.org

Telephone: 116 123

Confidential, non-judgemental emotional support, 24 hours a day for people who feel distressed, worried or struggling to cope.

THT Direct

www.tht.org.uk

Telephone: 0808 8021221

Information, support and advice from the Terrence Higgins Trust on all aspects of HIV & Sexual Health.

NHS 24-hour Medical Advise

www.111.nhs.uk

Telephone: 111

Information, support and advice and referrals.

CALM – Campaign Against Living Miserably

www.thecalmzone.net

Telephone: 0800 585858

Mental health support, advice, and guidance.

Switchboard

www.switchboard.lgbt

Telephone: 0300 330 0630

LGBTQ+ advice, guidance and support for all ages.

SHOUT

www.giveusashout.org

TEXT 58258

Mental health text service for all ages, operates 24 hours.

THE MIX

www.themix.org.uk

Telephone: 0808 808 4994

General advice and support for under 25's.

Rape Crisis

www.rapecrisis.org.uk

Telephone: 0808 802 9999

Offers free support and services for victims and survivors of rape, sexual assault, sexual abuse and all other forms of sexual violence.

Victim Support

www.victimsupport.org.uk

Telephone: 0808 1689 111

Support for victims of crime, open to all ages.

GALOP

www.galop.org.uk

Telephone: 0800 999 5428

Support for LGBTQ+ people who have experienced abuse and violence.

The Survivors Trust

www.thesurvivorstrust.org

Telephone: 08088 010 818

A service offering support and guidance for survivors of rape and sexual violence. The work with all people regardless of race, gender, religion, sexual orientation, age or disability.