

**LISTEN
ENGAGE
REPRESENT**



WELSH ATHLETICS
ATHLETAU CYMRU

Children & Young Athletes Support

CHILDLINE

– “We’re here for all young people, whatever you’re going through! “We’re here for you, whatever’s on your mind. We’ll support you. Guide you. Help you make decisions that are right for you. Our tips and techniques, ideas and inspiration, can help you feel more in control. And you can access them in your own time, at your own pace!”

Call for free - 0800 1111

Website: <https://www.childline.org.uk>

NSPCC (UK Children’s Charity)

- 24hour helpline

Call for free - 0808 800 5000

Email: help@nspcc.org.uk