



WORRIED, ANXIOUS OR FEELING LOW?

REACH OUT FOR SUPPORT

However you're feeling right now, you don't have to face it alone. We're here to support you.

Here are some ways you can seek support...

**Contact a Mental Health First Aider
Champion at your Club**

Speak to your Club Welfare Officer

**Reach out to the British Judo
Safeguarding Team
safeguarding@britishjudo.org.uk**

**Contact one of many supportive free
helplines**

IT'S OK TO NOT BE OK



FREE SUPPORT HELPLINES

Shout

Text 'shout' to 85258 for free
confidential support
(24 hours)

Papyrus

Call 0800 068 4141 for confidential
suicide prevention advice
(10am - 10pm)

CALM

Call 0800 585858 for free,
confidential and practical support
(5pm - midnight)

Samaritans

Call 116 123 at any time, from any
phone for FREE
(24 hours)

IT'S OK TO NOT BE OK



BJA SAFE

Creating	Championing the rights of children, young people and adults at risk
Championing	Creating a supportive culture where their views are heard positively and are acted upon
Empowering	Empowering everyone to confidently share any safeguarding concern or to highlight poor safeguarding practice or behaviours

BJA SAFE promotes the four 'R's of Safeguarding

**RECOGNISE
RESPOND
REPORT
REFER**

HOW TO CONTACT THE SAFEGUARDING TEAM

Raising or Report a Safeguarding Concern

Email: safeguarding@britishjudo.org.uk

A member of the team will respond as soon as possible.

Telephone: 0121 728 6920

Select the safeguarding option and the member of the safeguarding team you wish to speak to.

**Andy Bowly
Marina Dain
Keith Eldridge**

You will be directed to the mobile number of the person selected.

There will be a rota in place for one team member being available after 5pm and during weekends.

We cannot guarantee that the chosen person will respond immediately, but if you provide your name, role (inc parent, player), club and contact number, a member of the team will get back to you as soon as possible.

If a child or adult is in immediate danger, please call the police on 999 and forward the report quoting the crime reference number given to safeguarding@britishjudo.org.uk

A member of the BJA safeguarding team will respond as soon as possible.

