

## **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)

Text: 07860 079043

Email: [info@racingwelfare.co.uk](mailto:info@racingwelfare.co.uk)

#### **NAoRS**

National Association of Racing Staff – Help, advice & representation

Telephone: 01638 663411

Email: [admin@naors.co.uk](mailto:admin@naors.co.uk)

#### **National Chaplain to horse racing**

Pastor Simon Bailey

[horseracing@sportchaplaincy.org.uk](mailto:horseracing@sportchaplaincy.org.uk)

Skype 07877 981498

Via Racing Welfare Telephone: 01638560763

### **Other Contacts**

#### **Alcoholics Anonymous**

[www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

Email: [help@aamail.org](mailto:help@aamail.org)

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](http://www.backcare.org.uk)

0845 130 2704

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](http://www.beateatingdisorders.org.uk)

0808 8010677

Youth line: 0808 8010711

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](http://www.brook.org.uk)

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

#### **Childline**

[www.childline.org.uk](http://www.childline.org.uk)

0800 1111

Counselling service for children and young people

#### **Domestic Violence Helpline**

[www.nationaldomesticviolencehelpline.org.uk](http://www.nationaldomesticviolencehelpline.org.uk)

0808 2000 247

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](http://www.drinkaware.co.uk)

Email: [contact@drinkaware.co.uk](mailto:contact@drinkaware.co.uk)

0800 917 8282

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

**FPA**

[www.fpa.org.uk](http://www.fpa.org.uk)

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

**Frank**

[www.talktofrank.com](http://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](http://www.gamblersanonymous.org.uk)

Supporting problem gamblers

**Learning Disability Helpline**

[www.mencap.org.uk](http://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.macmillian.org.uk](http://www.macmillian.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.

**Malehealth**

[www.malehealthforum.org.uk](http://www.malehealthforum.org.uk)

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

**Medical Advisory Service – General Medical Helpline**

[www.medicaladvisoryservice.org.uk](http://www.medicaladvisoryservice.org.uk)

020 89958503

Telephone advice and information service covering all general medical inquiries

**Mind**

[www.mind.org.uk](http://www.mind.org.uk)

0300 1233393

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

**National Aids Helpline**

0800 567 123

Confidential helpline about aids

**National Debt Line**

[www.nationaldebtline.org](http://www.nationaldebtline.org)

0808 8084 000

Confidential helpline about debt

**National Drugs Helpline**

0800 776 600

Confidential helpline about drugs

**Narcotics Anonymous UK**

0300 9991212

Support and advice about the nature of drug addiction.

**No Panic**

[www.nopanic.org.uk](http://www.nopanic.org.uk)

0844 9674848

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

**Skill**

[www.skill.org.uk](http://www.skill.org.uk)

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](http://www.patients-association.com)

0208 4328999

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](http://www.Samaritans.org)

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](http://www.tht.org.uk)

0808 8021221

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