

Support Services - Racing Industry Organisations

Racing Welfare (www.racingwelfare.co.uk)



Call Racing's Support Line on 0800 6300 443.

Our Welfare teams can be contacted through Racing's Support Line 24 hours a day, seven days a week. No matter what challenge you may be facing we are here to provide support to racing's people. Racing Welfare's support services are completely confidential and non-judgmental.

The Leaders' Line

Supporting employers, leaders and managers with their wellbeing. Call us on 0800 049 2593.

National Association of Racing Staff (NARS)

(www.naors.co.uk/contact)

We are here to give you 100% confidential help, advice and support.



Email: admin@naors.co.uk **Phone:** 01638 663411

Address: National Association of Racing Staff, The Racing Centre, Fred Archer Way, Newmarket, Suffolk CB8 8NT

Professional Jockeys Association (PJA)

(www.thepja.co.uk/service)

Phone: 01635 778108

Email: info@thepja.co.uk



The PJA has developed a comprehensive and holistic support network of trained professionals and extensive resources to help jockeys navigate career and lifestyle challenges. Over the last few years, more than 100 jockeys have contacted the PJA seeking some form of support, and many more have utilised the additional support offered by the IJF.

Injured Jockeys Fund (IJF)

(www.injuredjockeys.co.uk/mental-wellbeing)

Oaksey House – 01488 674242

Jack Berry House – 01653 602090

Peter O'Sullivan House – 01638 676200



For former licensed jockeys help can again be accessed via either the Welfare or Rehabilitation teams where expert guidance is received from Clinical Psychologists Changing Minds who assist us to make the appropriate referral. All enquiries are dealt with completely confidentially and at no charge.

National Trainers Federation (NTF)

(www.racehorsetrainers.org/homepage/index.asp)

Address: 9 High Street, Lambourn, Hungerford, Berkshire RG17 8XL.

Tel: +44 (0) 1488 71719

Email: info@racehorsetrainers.org



BHA Safeguarding Team

Phone: 0207 152 0099 **Email:** Safeguarding@britishhorseracing.com



0800 0852 580

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Support Services - Non Racing Industry Organisations

NHS

(www.nhs.uk/mental-health/nhs-voluntary-charity-services/nhs-services)

Consult your GP



Mind

(www.mind.org.uk/information-support)

Infoline: 0300 123 3393

Our Infoline provides an information and signposting service. We're open 9am to 6pm, Monday to Friday (except for bank holidays).

Ask us about:

- mental health problems
- where to get help near you
- treatment options
- advocacy services.

Email: info@mind.org.uk

Post: Mind Infoline, PO Box 75225, London, E15 9FS

Text: If you want support via text, contact SHOUT by texting 85258. This is a free 24/7 confidential text service. It is not a Mind service.



Sporting Minds

(www.sportingmindsuk.org)

Call: 0333 335 5994

Email: hello@sportingmindsuk.org

Sporting Minds UK is a registered charity, that seeks to raise awareness and provide support for positive mental health in sports people aged 16 to 30, based in the United Kingdom.



The Samaritans

(www.samaritans.org)

Call 116 123 for free

We're waiting for your call

Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year.



0800 0852 580

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