

# Motorsport UK Safeguarding Support Services

## Support of Motorsport UK Members

### Welfare

Motorsport UK acknowledges that there may be occasions when its members could be involved with traumatic events linked to their role in motorsport.

To ensure that appropriate support is provided to members, Motorsport UK has set up an arrangement with a service provider, Health Assured, who are able to provide support and confidential counselling nationwide.

If you feel you would benefit from a referral to Health Assured or would like some further information, please do not hesitate to contact the safeguarding team.

### External support agencies

If you are already being supported by the police or another statutory agency, you might have been provided with contact details for different agencies.

Motorsport UK can also assist you in locating other support agencies if you feel this is needed or no support is currently in place.

We've included a list of external support agencies on this leaflet. This is not an exhaustive list and further support agency details can be provided if necessary.

### Victim Support - [www.victimsupport.org.uk](http://www.victimsupport.org.uk)

T: 0808 1689111

An independent charity dedicated to providing support following crime and traumatic incidents in England and Wales.

### Samaritans - [www.samaritians.org](http://www.samaritians.org)

T: 116 123

E: [jo@samaritians.org](mailto:jo@samaritians.org)

24hour confidential support line.

### Support line - [www.supportline.org.uk](http://www.supportline.org.uk)

T : 01708 765200

Confidential emotional support to children, young adults and adults by telephone, email and post.

### NAPAC - [www.napac.org.uk](http://www.napac.org.uk)

T: 0808 8010331

E: [support@napac.org.uk](mailto:support@napac.org.uk)

The National Association for People Abused in Childhood (NAPAC) provides a UK-wide support line for adults who have suffered any type of abuse in childhood including physical, sexual, emotional abuse of neglect.

### The Survivors Trust - [www.thesurvivorstrust.org](http://www.thesurvivorstrust.org)

T: 0808 801 0818

The Survivors Trust has 120 member organisations based in the UK & Ireland which provide specialist support for women, men and children who have survived rape, sexual violence or childhood sexual abuse.

### Survivors - [www.survivorsuk.org](http://www.survivorsuk.org)

T: 0203 5983898

E: [help@survivorsuk.org](mailto:help@survivorsuk.org)

A society that acknowledges, supports and advocates for men and non-binary people who have been affected by rape or sexual abuse. Assists from 13 years old and above.

## If you are struggling with your wellbeing following an incident or issue:

### Do

- Take time out to get sufficient sleep, rest and relax, and eat regularly and healthily.
- Contact Motorsport UK if you need assistance in getting support for what you are experiencing.
- Tell people what you need. Talk to people you trust. You don't have to tell everyone everything but telling nobody is often unhelpful.
- Try to reduce outside demands on you and don't take on extra responsibilities for the time being.
- Take care at home or when driving – accidents are more common after a traumatic or stressful event.

### Don't

- Bottle up these feelings. Think whether it would be helpful to talk about them with somebody you trust or a professional.
- Get embarrassed by your feelings and thoughts, or those of others. They are normal reactions to traumatic or stressful event.
- Avoid people you trust.
- Feel you are alone. You are supported.

## Who are the points of contact at Motorsport UK?

Motorsport UK Safeguarding Team

E: [safeguarding@motorsportuk](mailto:safeguarding@motorsportuk)

T: +44 (0)1753 765000