LOOSEHEADZ

#TackleTheStigma

STRONGER TOGETHER



TALK SUPPORT LISTEN BELONG

RUGBY PEOPLE
BRIGHTER TOMORROWS

If you are struggling, or if someone you know is, the rugby community is here to support you.

There are different helplines and listening services available that can provide emotional support.

The Samaritans (24 hours a day)	**116 123**
CALM (5pm – midnight)	**0800 58 58 58**
Shout (24 hours a day) Text 'SHOUT' to	**85258**
Childline (24 hours)	**0800 1111**
Papyrus (9am – 10pm weekdays and 2pm – 10pm weekend & bank holidays)	**0800 068 4141**
NHS Dorset Connection (24/7)	**0800 6520190**

MENTAL HEALTH | TEAMWORK | RESPECT | STRONGER TOGETHER

LooseHead Champion - Craig B
LooseHead Lead - Wendy

RUGBY CHANGES LIVES