TRIDENT LEAGUES **WELLBEING HUB**

Whatever you're facing today, you don't have to face it alone.

Scan the code for information, practical steps and confidential support. No sign-in and no personal details.

WHAT THE HUB COVERS

- **Looking after your mental health**
- **Stress and anxiety**
- **Depression and low mood**
- **Suicidal thoughts and crisis**
- **Sleep and recovery**
- **Gambling and betting harms**
- **Alcohol and drugs**
- **Helping someone else**

nl.tools/ trident-wellbeing

Or type it into any browser

NEED HELP NOW?

999
If someone is in immediate danger

116 123
Samaritans, free, day or night

111
NHS urgent mental health help

85258
Shout — text SHOUT, free, 24/7

0300 123 3393
Mind Infoline, Mon–Fri 9am–6pm

WORRIED ABOUT A CHILD, OR AN ADULT AT RISK?

Designated Safeguarding Officer, Trident Leagues
safeguarding@tridentleagues.com

Designated Safeguarding Lead, The National League
safeguarding@thenationalleague.org.uk

You do not need a diagnosis, or the right words, before you speak to someone. These are monitored inboxes rather than emergency lines. If somebody is not safe now, use the emergency numbers above as well.

A route to the right support, not medical advice. These pages do not replace a GP, clinician or your club's medical staff.