

ADVICE AND INFORMATION FOR CHILDREN AND YOUNG PEOPLE

If you are worried or concerned about anything please tell someone!

If you see or hear anything, or if something has happened to you that makes you feel upset, scared or unsafe then you can;

- Tell the Surrey Safeguarding Team
- Tell your Club Safeguarding Officer

The Surrey Safeguarding Team and your club safeguarding officers are there to listen and support you.

Contact the Surrey Safeguarding Team at any time by contacting safeguarding@surreyccricket.com



- Talk to a trusted adult, which may be your parent or guardian, a teacher or school counsellor, a coach, or the Surrey Safeguarding Officer

- Talk to a friend, whether they are a member of your team/club or not

Looking after your Mental Health

It's okay to ask for help!

No matter what people say, self-care isn't selfish. People who take self-care more seriously, have noticed it has a huge positive impact on how they feel and act.

For more information on how you can obtain help, advice and support, scan the QR code to the left.



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