

# Need someone to talk to?



Contact your

## Head of Safeguarding

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The Premier League Safeguarding Team can be contacted for advice by email: [safeguarding@premierleague.com](mailto:safeguarding@premierleague.com)

ChildLine 0800 1111 NSPCC 24 hour helpline for adults 0808 5005000 Police 101 (999 in an emergency)