

I'm a coach...

We encourage you to talk openly about the Whyte Review amongst the gymnastics community and about the challenges you have experienced. You may find the advice below as helpful support during this time.

WHAT CAN I DO?



Take the time to consider what the Whyte Review means to you; how do you feel, how might this impact **you**.



Speak to those in your support network. This may include:

- ★ Friends and/or family.
- ★ Colleagues.

HOW CAN I SUPPORT OTHERS?



Through your **conversations** with others, if you discover that a gymnast is struggling, **encourage** them to speak to an adult they trust or **access additional support**.

If you discover another coach is struggling, **encourage** them to **speak** to someone in their support network or **access additional support**.

WHAT IF I CAN'T SPEAK TO ANYONE OR NEED MORE SUPPORT?



Here are some options for additional mental health support.

- ♥ [NHS talking therapies](#) - Self-Referral.
- ♥ [Able Futures Mental Health Support Service](#) - For 16+ and working.
- ♥ [UK Coaching](#) - is able to offer its members a support package which includes professional counselling services and development opportunities.
- ♥ [UK Sport Employee Assistance programme; Empathy](#) - 0800 071 3672 (Quote UKS20). This support is available for performance coaches working in the High Performance System.

For complaints related to conduct you can email integrity@british-gymnastics.org or for safeguarding concerns email safeguarding@british-gymnastics.org

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