

I'm a gymnast...

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 that you feel comfortable with. This may include:

- ★ Friends and/or family.
- ★ Your coach and gymnastics family.
- ★ Other trusted adults such as a Club Welfare Officer or school teacher.

HOW CAN I SUPPORT OTHERS?



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

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



Here are some really good websites to visit for mental health support.

NSPCC

We have worked with the NSPCC to set up a dedicated helpline support service for people affected by issues in gymnastics. The helpline is free to anyone living in the UK on 0800 5876696.

- ♥ [YoungMinds](#) - Practical advice and support to help with how you're feeling.
- ♥ [The Mix](#) - Online mental health and wellbeing support for under 25s: Helplines, chat rooms, discussion boards and webchat (10-18 years).
- ♥ [Kooth](#) - Online anonymous community and mental health support for young people.
- ♥ [Childline](#) - Online and phone confidential service to discuss anything, anytime.
- ♥ [Sporting Minds UK](#) - Free mental health support referrals for competitive gymnasts (16+).

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