

# *Safeguarding at* Let's Get Back to You

Safeguarding is a fundamental part of any coaching relationship. The Quality Care Commission defines safeguarding as: 'protecting a person's health, wellbeing, and human rights, and enabling them to live free from harm, abuse and neglect'. As a coach that means I have a responsibility to support your wellbeing and address any concerns or risk factors that may be identified through the course of our work together. That might sound formal and maybe even a bit scary, but what it means in practice will look different depending on each individual situation, and it's not always about emergencies, it's about getting you the right support at the right time to protect your health and safety.

For example, it may be that as we work together we identify that a different form of support (such as therapy) might be better placed to address your current needs, either instead of or alongside coaching, or we might come to recognise that you're struggling with your mental health and wellbeing and would benefit from specialist services. Safeguarding on these occasions may simply mean that we talk about your needs and the possibility of accessing additional support, whether that's from your next of kin/ a trusted person in your life, your GP and/or other mental health provider. I'll help you to find the support that's right for you and a way into that support that feels safe.

On other occasions, where I might be concerned about risk to safety, abuse or suicide it may be necessary for me to speak to other people in order to receive specialist advice and guidance or immediate intervention. That could mean speaking to the police, the local adult safeguarding team, or crisis team. In such instances, I may be legally and ethically required to break confidentiality in order to safeguard. If I can safely address the situation anonymously I will, but this is not always possible. If I do have to make a disclosure I will discuss it with you first, provided it is safe for me to do so.

Safeguarding is at the forefront of all my practice, is case specific and extends beyond our 1:1 sessions. There are people available to provide support and care 24/7 and I would always encourage you to reach out if you're struggling or need advice. Below you can find links and contact information for national services who are ready and trained to help, whenever you need them. Please remember that if you or some one you know is in danger, always call 999 first.

**If you are in crisis:**

<https://www.mind.org.uk/information-support/guides-to-support-and-services/crisis-services/>

**If you need to speak to someone now:**

<https://www.mind.org.uk/information-support/guides-to-support-and-services/seeking-help-for-a-mental-health-problem/mental-health-helplines/>

**If you need support with self harm:**

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/self-harm/>

**If you need support with addiction:**

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/recreational-drugs-alcohol-and-addiction/drug-and-alcohol-addiction-useful-contacts/>