

SAFEGUARDING CONTACT LIST

B-EAT

Support for those affected by eating disorders.

b-eat.co.uk

BULLYING UK

Information and advice for victims of bullying.

bullying.co.uk

CARE QUALITY COMMISSION

For those with concerns about a child or adult.

enquiries@cqc.org.uk

CEOP

For reporting inappropriate online chat or behaviour.

ceop.police.uk

CHILDLINE

Counselling service for children and young people.

0800 1111

childline.org.uk

CHILDREN AND YOUNG PEOPLE'S RIGHTS

Guidance on safeguarding and promoting the rights of children and young people.

crae.org.uk

CRUSE BEREAVEMENT CARE

Helping bereaved people to cope with their loss.

0808 808 1677

cruse.org.uk

DOMESTIC VIOLENCE UK

Support for those affected by domestic abuse.

domesticviolenceuk.org

DRINK AWARE

Advice about alcohol and issues related to its misuse.

drinkaware.co.uk

EQUALITY AND HUMAN RIGHTS COMMISSION

Independent body for the elimination of unlawful discrimination.

equalityhumanrights.com

FRANK

Advice and information about drugs and legal highs.

0300 123 6600

talktofrank.com

MIND

Supports individuals and families coping with mental health difficulties.

0845 766 0163

www.mind.org.uk

NATIONAL CENTRE FOR DOMESTIC VIOLENCE

Helps victims of domestic violence.

0800 970 2070

ncdv.org.uk

NATIONAL PREVENT HOTLINE

The team to contact to report concerns about radicalisation or extremism.

01772 413366

NSPCC

National Society for the Prevention of Cruelty to Children.

0808 800 5000

nspcc.org.uk

RELATE

Relationship counselling and support.

0300 100 1234

relate.org.uk

THE SAMARITANS

Confidential support and advice for anyone in distress.

116 123

samaritans.org

THE SITE

Online guide and support on a range of issues for 16-25 year-olds.

thesite.org

STONEWALL

Information and support for Lesbian, Gay, Bisexual and Transgender individuals and communities.

stonewall.org.uk

THINK U KNOW

Guidance for all ages on internet safety.

0870 000 3344

thinkuknow.co.uk