

## Safeguarding External Contact Information

<p>Service: Childline          Website: <a href="http://www.childline.org.uk">www.childline.org.uk</a>          Telephone: 0800 1111</p>	<p>Service: IKWRO - Domestic Violence          Website: <a href="http://ikwro.org.uk">http://ikwro.org.uk</a>          Telephone: 0207 920 6460</p>
<p>Service: Samaritans          Website: <a href="http://www.samaritans.org">www.samaritans.org</a>          Telephone: 1116123          Email: <a href="mailto:jo@samaritans.org">jo@samaritans.org</a></p>	<p>Service: Women's and Girls Network - Domestic Violence          Website: <a href="http://www.wgn.org.uk">http://www.wgn.org.uk</a>          Telephone: 0808 801 0660          Email: <a href="mailto:advice@wgn.org.uk">advice@wgn.org.uk</a></p>
<p>Service: MIND Service          Website: <a href="http://www.mind.org.uk">www.mind.org.uk</a>          Telephone: 0300123 3393          Email: <a href="mailto:info@mind.org.uk">info@mind.org.uk</a></p>	<p>Service: CEOP          Website: <a href="https://www.ceop.police.uk/safety-centre/">https://www.ceop.police.uk/safety-centre/</a></p>
<p>Service: NSPCC Helpline Children (Under 18)          Website: <a href="https://www.nspcc.org.uk/">https://www.nspcc.org.uk/</a>          Telephone: 0808 800 5000 or Text 88858 (free service)          Email: <a href="mailto:help@nspcc.org.uk">help@nspcc.org.uk</a></p>	<p>Service: NSPCC          Website: <a href="https://www.nspcc.org.uk/keeping-children-safe/online-safety/">https://www.nspcc.org.uk/keeping-children-safe/online-safety/</a>          Telephone: 0800 1111 (Under 18's)          Telephone: 0808 800 5000 (Over 18's)          Email: <a href="mailto:help@nspcc.org.uk">help@nspcc.org.uk</a></p>
<p>Service: Young Minds          Website: <a href="https://youngminds.org.uk">https://youngminds.org.uk</a>          Telephone : 0808 802 5544</p>	<p>Service: SUPPORTLINE          Support for children, young adults and adults including those affected by sexual, emotional and physical abuse.          01708 765200  <a href="http://www.supportline.org.uk">www.supportline.org.uk</a></p>
<p>Service: The Mix          A UK based charity that provides free, confidential support for young people under 25 via online, social and mobile</p>	<p>Service: Kooth          Online counselling service for young people – free, safe &amp; anonymous support  <a href="https://www.kooth.com/">https://www.kooth.com/</a></p>

<p>Website: <a href="https://www.themix.org.uk">https://www.themix.org.uk</a> Telephone: 0808 808 4994</p>	
<p>Service: Women's Aid Website: <a href="https://www.womensaid.org.uk">https://www.womensaid.org.uk</a> Email: <a href="mailto:info@womensaid.org.uk">info@womensaid.org.uk</a></p>	<p><b>Service:</b> The Well Centre For young people aged 13-20 The Well Centre is a youth health centre where you can see a counsellor or doctor to discuss any of your health concerns or worries in a safe and confidential space. Tel: 020 8473 1581 Email: <a href="mailto:info@thewellcentre.org">info@thewellcentre.org</a></p>
<p>Service: Stonewall Website: <a href="https://www.stonewall.org.uk/help-and-advice">https://www.stonewall.org.uk/help-and-advice</a> Email: <a href="mailto:info@stonewall.org.uk">info@stonewall.org.uk</a></p>	<p>Service: National Domestic Violence Helpline Freephone 24hr national domestic violence helpline. 0808 2000 247</p>
<p>Service: FRANK Friendly, confidential advice about drugs and drug use. 0300 123 6600</p>	<p>Service: Victim support For anyone affected by crime in England or Wales. 0808 1689111</p>
<p>Service: NHS  If you need treatment for drug addiction, you're entitled to NHS care in the same way as anyone else who has a health problem.  <a href="https://www.nhs.uk/live-well/healthy-body/drug-addiction-getting-help/">https://www.nhs.uk/live-well/healthy-body/drug-addiction-getting-help/</a></p>	<p>Service; Hope Again  Hope Again is Cruse Bereavement Care's website for young people with information, vlogs, podcasts, videos and sharing personal stories.  <a href="#">Hope Again</a> - free helpline: <b>0808 808 1677</b> (Mon-Fri 09:30-17:00).</p>