

Emergency Contacts

Helping people to deal with abuse of any kind means that other organisations and agencies may need to get involved to offer the level of support needed by the person reporting or suffering abuse. At present, our services are not available on 24 hour a day, but here are some helpful contacts if you need help or support after normal business hours. We recognise that you may need help at any time:

ChildLine

If you are a young person and you are scared or worried about anything and need someone to talk to, you can ring ChildLine. They are available 24 hours a day, 7 days a week so you never have to be worried that you can't speak to someone when you need to.

You can call them on **0800 1111**. Their number doesn't show up on an itemised bill from a mobile or landline so nobody will know you have called. You can also go onto their website:

<https://www.childline.org.uk>

NSPCC Helpline:

If you're an adult and want to speak to someone about a child you're concerned about, you can call the NSPCC on **0808 800 500** or email help@nspcc.org.uk or visit their website at www.nspcc.org.uk

Refuge:

If you are at risk of domestic violence or suffering psychological abuse and need help you can call **0808 2000 247** or email helpline@refuge.org.uk or visit their website at www.refuge.org

Domestic violence is not just about being physically abused. Last year new laws came into force that makes it a crime to use controlling or coercive behaviour towards your partner or those you have a close relationship with (family members); psychological abuse is a crime.

If you are persistently being controlled (not allowed to have friends, not allowed to have control over your money, told what to wear, being told that you are worthless etc) you will be taken seriously because the law recognises this is wrong and is not your fault.

Here is an article written by the Independent that gives more insight into the law and what it covers: <http://www.independent.co.uk/news/uk/home-news/everything-you-need-to-know-about-the-new-psychological-abuse-law-a6789271.html>

The Samaritans:

We all need someone to talk to and we encourage that you do hopefully before things become too overwhelming.

You can call the Samaritans on **020 8394 8300** or you can visit their website at www.samaritans.org

NB: IF THERE IS AN IMMEDIATE THREAT YOU MUST CALL 999 FOR POLICE ASSISTANCE