

WIDER SAFEGUARDING CONTACT SHEET

Some suggested points of contact if you have safeguarding concerns:

NB St Pauls Safeguarding Officers contact details are on a separate notice nearby
Children's Services (Hertfordshire) 0300 123 4043

Adult Health and Social Care Services 0300 123 4042

Police (non-emergency) 101 Police (emergency) 999

NHS 111 – NHS non-emergency number to direct you to the best medical care

NHS website

www.nhs.uk

Your own GP (doctor)

Can listen / advise / refer

Childline – get help and advice about anything you are worried about

0800 1111 www.Childline.org.uk

Young Minds – the voice for young people's mental health and wellbeing

www.youngminds.org.uk

Samaritans – confidential emotional support for people in distress or despair

116 123 www.samaritans.org

Mind – mental health charity believing no-one should face a problem alone

www.mind.org.uk

Youth Talk St Albans

01727 868684

Our counselling services are available to young people aged between 13 and 25 who live, work or attend school/college in the District of St Albans (Harpenden, London Colney, Redbourn, St Albans, Sandridge and Wheathampstead). www.youthtalk.org.uk

Rethink – a national mental health charity wanting a better life for all affected

www.rethink.org

Time-to-Change – to improve mental health knowledge, attitudes & behavior

www.time-to-change.org.uk

The Mix – support service for young people under 25 to help with all challenges

0808 808 4994 www.themix.org.uk

Kooth – online counseling and emotional well-being platform for young people

www.kooth.com

Runaway Helpline

116 000 www.runawayhelpline.org.uk