

## **Safeguarding at a glance – Useful Contacts**

- E-mail: [safe@unsworth.shaw-education.org.uk](mailto:safe@unsworth.shaw-education.org.uk)
- Phone: 07818 511717
- Text: 07818 511717

The above are monitored daily by the safeguarding team.

Childline contact details are as follows: [www.childline.org.uk](http://www.childline.org.uk) or phone: 0800 1111

Listed below are the contact details for other agencies which parents/carers and learners may need to contact for support:

Young Minds Information on child and adolescent mental health. Services for parents and professionals. Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm) Website: [www.youngminds.org.uk](http://www.youngminds.org.uk)

Anxiety UK Charity providing support if you have been diagnosed with an anxiety condition. Phone: 03444 775 774 (Monday to Friday, 9.30am to 5.30pm) Website: [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

No Panic Voluntary charity offering support for sufferers of panic attacks and obsessive-compulsive disorder (OCD). Offers a course to help overcome your phobia or OCD. Phone: 0844 967 4848 (daily, 10am to 10pm). Calls cost 5p per minute plus your phone provider's Access Charge Website: [www.nopanic.org.uk](http://www.nopanic.org.uk)

OCD UK A charity run by people with OCD, for people with OCD. Includes facts, news and treatments. Phone: 0333 212 7890 (Monday to Friday, 9am to 5pm) Website: [www.ocduk.org](http://www.ocduk.org)

Rethink Mental Illness Support and advice for people living with mental illness. Phone: 0300 5000 927 (Monday to Friday, 9.30am to 4pm) Website: [www.rethink.org](http://www.rethink.org)

Samaritans Confidential support for people experiencing feelings of distress or despair. Phone: 116 123 (free 24-hour helpline) Website: [www.samaritans.org.uk](http://www.samaritans.org.uk)

SANE Emotional support, information and guidance for people affected by mental illness, their families and carers. SANEline: 0300 304 7000 (daily, 4.30pm to 10.30pm)

Textcare: comfort and care via text message, sent when the person needs it most: [www.sane.org.uk/textcare](http://www.sane.org.uk/textcare) Peer support forum: [www.sane.org.uk/supportforum](http://www.sane.org.uk/supportforum)

PAPYRUS Young suicide prevention society. Phone: HOPELINEUK 0800 068 4141 (Monday to Friday, 10am to 10pm, and 2pm to 10pm on weekends and bank holidays) Website: [www.papyrus-uk.org](http://www.papyrus-uk.org)

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