

Where can I find further information and support?

If you have any reservations about something you have seen, make time to seek advice and guidance from any of the organisations below. Remember, **you** don't have to be the expert – but you **do need to act responsibly to keep yourself and others safe**.

There are several ways to get safeguarding information and support in the UK, including helplines, local authorities, and other organizations:

- Helplines

There are many helplines available, including:

- Supportline: For children, young adults, and adults affected by abuse, call 01708 765200
- Stop It Now!: For confidential discussions about child sexual abuse, call 0808 1000 900
- National Association for People Abused in Childhood (NAPAC): For adults who have experienced abuse as a child, call 0808 801 0331
- Thirtyone:eight Safeguarding Helpline: For advice and guidance, call 0303 003 1111 Monday to Friday, 9 AM–5 PM

- Local authorities

Local authorities have safeguarding teams that can be contacted for help. You can ask your local council for a contact for safeguarding children or adults.

- Safeguarding boards and partnerships

These organizations often offer free or low-cost training.

- NHS England

If you think you or someone you know is being abused or neglected, you can tell someone you trust, such as a friend, family member, teacher, doctor, social worker, or police officer.

1. **Charity: thirtyone: eight:** The UK's leading independent Christian safeguarding charity offering a complete safeguarding solution. We work to protect vulnerable people.

[Safeguarding Helpline \(thirtyoneeight.org\)](https://thirtyoneeight.org)

Address: [PO Box 133, Swanley, Kent. BR8 7UQ](https://thirtyoneeight.org)

Phone number: [0303 003 1111](https://thirtyoneeight.org)

Email: info@thirtyoneeight.org

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2. **NHS: England:** The National Health Service advises the following about how to report a crime or a concern for someone's safety to the police:

[NHS England » How to raise a safeguarding concern](#)

- To report a crime which is an emergency, contact the police, call 999
- If the person is not in immediate danger, contact the police, call 101

For further information on who to contact locally in your area, please visit [NHS England Safeguarding app](#).

3. **Ann Craft Trust:** The Ann Craft Trust can provide safeguarding advice for you, a friend or a relative. They offer an extensive directory of helplines for people who need a wide variety of support.

Supportline

Support for children, young adults and adults including those affected by sexual, emotional and physical abuse.

[01708 765200](tel:01708765200)

www.supportline.org.uk

NSPCC

Help for adults concerned about a child.

[0808 800 5000](tel:08088005000)

Childline

Line for children to talk about anything. No problem is too big or too small.

[0800 1111](tel:08001111)

Stop It Now!

Confidential helpline for discussing concerns about child sexual abuse.

[0808 1000 900](tel:08081000900)

Learning disability

Challenging Behaviour Foundation

For families & professionals caring for children & adults with severe learning disabilities & challenging behaviour.

[0300 666 0126](tel:03006660126)

National Autistic Society

For impartial, confidential advice and support on autism for anyone affected by, or researching autism.

[0808 800 4104](tel:08088004104)

Sexual abuse

The Survivors Trust

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Support & advice for anyone who has experienced rape or sexual abuse.

[0808 801 0818](tel:08088010818)

www.thesurvivorstrust.org

MOSAC (Mothers of Sexually Abused Children)

Supporting all non-abusing parents and carers whose children have been sexually abused.

[0800 980 1958](tel:08009801958)

www.mosac.org.uk

National Association for People Abused in Childhood (NAPAC)

Support line for adults who have suffered any type of abuse in childhood.

[0808 801 0331](tel:08088010331)

www.napac.org.uk

Elder abuse

Action on Elder Abuse

Help and advice on all aspects of elder abuse.

[080 8808 8141](tel:08088088141)

National Dementia Helpline

Information, support and advice about dementia.

[03002221122](tel:03002221122)

Domestic abuse

National Domestic Violence Helpline

Freephone 24hr national domestic violence helpline.

England: [0808 2000 247](tel:08082000247)

Bright Sky UK

A directory of resources to help you find support in your area.

[Start here.](#)

Financial Abuse

Turn2Us

For advice and support concerning financial security.

[Start here.](#)

Cifas

Action against financial fraud for individuals and organisations.

[Start here.](#)

Abuse in sport

NSPCC dedicated footballers' hotline

Free helpline for adults who experiences sexual abuse as a young footballer.

[0800 023 2642](tel:08000232642)

Mental health

Thinkaction

Support for people with mild to severe mental health difficulties.

[0300 012 0012](tel:03000120012)

Mind Infoline

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Information on mental health and where to get help.

[0300 123 3393](tel:03001233393)

Addiction

Drinkline

A free helpline for people concerned about their drinking, or someone else's.

[0300 123 1110](tel:03001231110)

FRANK

Friendly, confidential advice about drugs and drug use.

[0300 123 6600](tel:03001236600)

Other

Victim Support

For anyone affected by crime in England or Wales.

[08 08 16 89 111](tel:08081689111)

Samaritans

Emotional support for people who are experiencing feelings of distress, despair or suicide.

[08457 90 90 90](tel:08457909090) (24hrs)

Stop Hate Crime

Reporting + support for victims, witnesses & third parties.

[0800 138 1625](tel:08001381625)

Find your local safeguarding adults board

You can always contact your local Adult Services/Safeguarding Adults Team to discuss a concern and obtain advice.

[Access our safeguarding adults board directory.](#)
