Safeguarding Contacts - Outside of Luccombe

Scenario	Number of Website for Support
Your son or daughter is missing.	- The Police: 101 or 999 in an emergency
You need some support with your child because you feel they are not putting themselves in safe positions or you are not able to keep them safe.	- The Children's Social Care: 01305 221000 https://www.dorsetcouncil.gov.uk/w/worried-about-a-child
	- The Police: 101
Your son or daughter is suffering from anxiety, depression, or has suicidal thoughts.	- Emergency: 999 - Refer to your GP/Doctors or an A&E department - Contact Parentline (Advice for Parents): 08088 002222 - Young Minds: 02073 3368445 / www.youngminds.org.uk
	- Young Minds (Parent Helpline): 08088 025544 - NHS Direct: 111 / www.nhsdirect.nhs.uk
	- The Samaritans: 116 123 / www.samaritans.org.uk
	- Childline: 0800 1111 / www.childline.org.uk
	- www.kooth.com
	- Self-Care Resources For Young People | Anna Freud
You are worried about Drugs or Alcohol consumption.	- NHS Direct: 111 / www.nhsdirect.nhs.uk / 999 in an emergency
	- Support for drug problems - Public Health Dorset - Dorset Council
	This website has a large amount of information and various referral contacts designed to provide be up-to-date guidance and support relating to substance abuse issues. - FRANK: https://www.talktofrank.com// 03001 236600
You are worried about a child and want advice.	- The Children's Social Care: 01305 221000 https://www.dorsetcouncil.gov.uk/w/worried-about-a-
	- NSPCC: 08088 005000 / https://www.nspcc.org.uk/ (click on 'Helpline' for reporting contact information
You are worried that your son or daughter is in danger of developing an eating disorder.	- NHS Direct: 111 / www.nhsdirect.nhs.uk / 999 in an emergency
	- Refer to your GP/Doctors - Young Persons Helpline: 08456 346750
You need support with keeping your son/daughter safe online.	Websites for advice and guidance: - https://www.nspcc.org.uk/keeping-children-safe/online-safety/
	- https://www.ceop.police.uk/Safety-Centre/
	- https://saferinternet.org.uk/guide-and-resource/parents-and-carers
	carers
Your son or daughter needs to talk to someone.	- Kooth is an online counselling service: https://www.kooth.com/
	- https://www.tellmi.hel
You are worried your son or daughter is self-harming or thinking of self-harming.	- NHS Direct: 111 / www.nhsdirect.nhs.uk / 999 in an emergency
	- Refer to your GP/Doctors - Hope Line UK: 0800 068 4141 - Self-harm support/counselling: www.selfharm.co.uk/alumina
	- The National Self Harm Network: www.nshn.co.uk
	- www.selfinjurysupport.org.uk
	- Prevention of Young Suicide: www.papyrus-uk.org
	- Kooth; www.kooth.com
	- Mind: https://www.mind.org.uk/information-support/types-of-
	mental-health-problerns/self-harm/
	- www.selfharm.co.uk
Your son/daughter is being bullied, harassed or threatened online or offline.	- Police: 111 or 999 (if an emergency) - The Samaritans: 116 123 / www.samaritans.org.uk
	- Childline: 0800 1111 / www.childline.org.uk
	- www.bullving.co.uk
	- www.beatbullving.org
	- www.cybermentors.org.uk
	- www.thinkuknow.co.uk

Scenario	Number of Website for Support
	- Young Minds Parents Helpline: 0808 802 5544
Your son/daughter is a victim of racism	- Report it to Dorset Police: 101 - Muslim Youth: 0808 808 2008 / www.myh.org.uk
	- www.equalitysouthwest.org.uk
You or your child has suffered a bereavement and needs support.	- www.winstonswish.org - 08088 020 021
	- www.crusebereavementcare.org.uk - 0808 808 1677
	- www.kooth.com
	- The Samaritans: 116 123 / www.samaritans.org.uk
You are worried that your child is engaging in risky sexualised behaviour, may be pregnant, or is at risk of having contracted an STI.	- NHS Direct: 111 / www.nhsdirect.nhs.uk / 999 in an emergency
	- Refer to your GP/Doctors - Sexual Health Dorset: https://sexualhealthdorset.org/
	- https://letstalkaboutit.nhs.uk/other-services/support-for-parents/