

## **Finding support**

We understand reporting abuse may be very difficult and that not everyone may want to contact the Diocesan Safeguarding Team.

Below is a list of other agencies that are available to assist either on a 24-hour basis or through specialist helplines and services:

- NSPCC Child Protection Helpline: **0808 800 5000** (lines free and open 24 hours). Phone if you are worried about a child.
- Child-line: **0800 1111** (lines free and open 24 hours). Phone if you are a child or young person and are worried about anything.
- National Domestic Violence Helpline: **0808 2000 247** (lines free and open 24 hours). Phone if you are experiencing domestic abuse.
- Samaritans Helpline: **116 123** (open 24 hours). Phone if you feel you are struggling to cope and need someone to talk to.
- Action on Elder Abuse Helpline: **080 8808 8141** (free phone Monday to Friday 9-5pm).