WHERE TO **GET HELP** IN AN EMERGENCY **CALL 999 LOCAL POLICE HELP** Call 101 to be connected to your local Police force for non emergency assistance Are you, or someone you NTA LEARNER HANDBOOK know being Check your handbook for details on how to view our Safeguarding Policy and contact our Safeguarding Team abused or neglected? YOUR WORKPLACE Refer to your own company's Safeguarding policy and Designated Safeguarding Lead **TALK TO SOMEONE** Talk to someone you trust - Coach, Manager, GP or contact one of the organisations below



0300 123 3393 www.mind.org.uk

10am to 6pm, Monday to Friday (except for bank holidays)

Helpline for all

SAMARITANS

116 123 www.samaritans.org.uk

24/7 helpline Helpline for all

85258

here for you 24/7

TEXT SHOUT to 85258 www. giveusashout.org

24/7 text service for all



ONLINE, ON THE PHONE, ANYTIME

0800 1111

www.childline.org.uk

Under 19's helpline 24/7 helpline



0800 58 58 58 www.thecalmzone.net Helpline for Men

YOUNG MINDS

TEXT YM to 85258 www.youngminds.org.uk

24/7 text service for children and young adults up to age 25



0800 068 4141 www.papyrus-uk.org

Under 35's helpline 9am-midnight every day



0808 801 0677 www.beateatingdisorders.org.uk

365 days a year (9am – midnight during the week, and 4pm–midnight on weekends and bank holidays) Helpline for all