

APPENDIX E – Helpful Organisations Contact Details

Safeguarding: Helpful information/resources and websites

FOR URGENT SUPPORT IN A CRISIS SITUATION CALL 999

If children are at risk, contact:

- North Somerset Safeguarding on **01275 888 808** (weekdays); **01454 615 165** (out of hours) <https://nsscp.co.uk/get-help-or-report-abuse> OR
- Somerset Children's Social Care on **0300 123 2224** or childrens@somerset.gov.uk

For a crisis Mental Health situation **call 999** or go straight to A&E

- For urgent mental health support <https://www.nhs.uk/mental-health/>

CHILDREN

- **NSPCC** (national Society for the prevention of cruelty to children) for adults concerned about a child – **0808 800 5000** www.nspcc.org.uk
- **Childline** for children and young people – **0800 1111** www.childline.org.uk
- **Stop It Now** (child safeguarding organization) helps prevent child sexual abuse – **0808 1000 900**
- **Barnardos** www.barnardos.org.uk (child protection charity)
- **CEOP** (child exploitation and online protection command) www.ceop.police.uk

SUPPORTING ADULTS

- **WomensAid** (Female domestic abuse charity) www.womensaid.org.uk
- **ManKind Initiative** (Male domestic abuse charity) – **0808 800 1170** www.mankind.org.uk
- **Men's Advice Line: 0808 801 0327** www.mankkind.org.uk
- **24-hour National Domestic Violence** helpline – **0808 2000 247** www.nationaldahelpline.org.uk
- **NAPAC** (National Association for People Abused in Childhood) offers support and advice to adult survivors of childhood abuse – **0808 801 0331** www.napac.org.uk
- **Restored** (Christian domestic abuse charity for women) www.restoredrelationships.org
- **Clewer Initiative** (supporting victims of modern slavery) www.theclewerinitiative.org
- **Modern Slavery Helpline** – helpline **0800 0121 700** www.modernslaveryhelpline.org
- **Suzy Lamplugh Trust** - a national helpline **0808 802 0300** providing advice for victims who have been affected by harassment or stalking <https://www.suzylamplugh.org/>
- **Hourglass** (Action on Elder Abuse) helpline – **0808 808 8141** <https://wearehourglass.org/>
- **AgeUK** helpline 0800 678 1602 (8am-7pm daily) www.ageuk.org.uk

SUPPORTING SURVIVORS OF SEXUAL ABUSE

- **Safe Spaces** – supporting survivors of church related sexual violence - **0300 303 1056**
[Safe Spaces - Victim Support](#) Live chat: [Live chat - Victim Support](#) (Mon, Tue, Wed, Fri, Sat: 10am-6pm and Thu: 12pm-8pm)
- **MACSAS** (Minister and Clergy Sexual Abuse Survivors) for people who have been abused by church officers – **0808 801 0340** www.macsas.org.uk
- **The Survivors Trust** – **0808 801 0818** (Mon-Wed 10-7.30pm, Thu 10-6pm, Fri 10-2pm)
<http://thesurvivorstrust.org>
- **Safeline** – for those affected by or at risk of sexual violence **01926 402498** <https://safeline.org.uk>
- **SupportLine** – support for those who are isolated, at risk, vulnerable and victims of any form of abuse, helpline **01708 765200** www.supportline.org.uk

- **Victim Support** – for those suffering from childhood abuse, **0808 168 9111; (Avon & Somerset 0300 303 1972** Lines open 9.30am-5.30pm Mon, Wed and Fri, and 11am-7pm on Tue and Thu)
www.victimsupport.org.uk/crime-info/types-crime/childhood-abuse
- **National Rape Crisis Helpline: 0808 802 9999** (every day 12-2.30pm and 7-9.30pm)

OTHER SUPPORT

- **Action Fraud** – 0300 123 2040 www.actionfraud.police.uk/contact-us
- **Cruse** bereavement helpline – **0808 808 1677** www.cruse.org.uk/get-support/helpline/
- **Family Lives** provides support and advice on family issues – **0808 800 222**
- **SCIE (Social Care Institute for Excellence)** safeguarding adults at risk of abuse or neglect
www.scie.org.uk
- **Carers Trust** - search with postcode to find local support services. NHS Carers Direct helpline **0300 123 1053** <https://carers.org>
- **NACR** (National Association for Christian Recovery including spiritual abuse) [Spiritual Abuse \(nacr.org\)](http://www.nacr.org)
- **GALOP - LGBT+ Domestic Abuse Helpline: 0800 999 5428** <https://galop.org.uk>
- **Samaritans** - for people struggling to cope and needing someone to talk to – **116 123** (24 hours)
<https://www.samaritans.org>
- **Mind** - (Somerset Mind line) **0800 138 1692** (freephone) **01823 276892**
<https://www.mind.org.uk/information-support/local-minds/>
- **Rethink Mental Illness** - search with postcode to find local space for people suffering mental illness to talk about their experience and get peer support <https://www.rethink.org/help-in-your-area/groups-in-your-area/>
- **Mental Health Matters** - support services including helplines, therapy, advocacy and crisis support
<https://www.mhm.org.uk/Pages/Category/find-a-service?Take=24>
- Text "**SHOUT**" to [85258](https://www.shout24.org) for free from all major UK mobile networks. You'll then be connected to a volunteer for an anonymous conversation by text message.