

Avenues of Support

If you have a safeguarding or mental health concern, please use the following contacts:

Immediate danger:

- If there is an immediate risk of harm, call **999**

Urgent mental health concerns:

- If you are worried about your own or a child's mental health and there is an immediate risk of harm, go to A&E at your nearest hospital or call **999**.

Concerns about a child (under 18):

- If you are worried that a child may be at risk or needs support, contact Children's Services via the Multi-Agency Safeguarding Hub (MASH) on **020 3045 5440** and ask to speak to the duty team. Monday to Friday, 9am–5pm
- Out of hours: **020 8303 7777** or **020 8303 7171**

If you are concerned about an individual's mental health, please use any of the contacts below:

<https://www.mind.org.uk/for-young-people/>

<https://www.samaritans.org/how-we-can-help/contact-samaritan/>

<https://www.youngminds.org.uk/>

<https://www.nhs.uk/mental-health/children-and-young-adults/>

Or call Childline on 0800 1111
or <https://www.childline.org.uk/>

Should you have any concerns about suicide, suicidal ideation or self-harm for your child, please contact Hopeline run by Papyrus (youth suicide prevention) on **0800 068 4141** or Text **88247**

HOPELINE247
0800 068 41 41