# 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/

HOPELINE247
0800 068 41 41