















Useful contacts for safeguarding children

Organisation or service	Contact Info	Useful for
 Southern Health and Social Care Trust <i>Quality Care - for you, with you</i> Gateway Teams	Central number - 028 3741 5285 Freephone - 0800 783 7745 Armagh and Dungannon team - 028 8772 3101 Craigavon and Banbridge team - 028 3834 3011 Newry and Mourne team – 028 3082 5000 (Option 1)	First point of contact for people who wish to share a concern about a young person who is not already known to social services.
Emergency out of hours Regional Social Worker	028 9504 9999 More info at www.northerntrust.hscni.net/pdf/Regional_Emergency_Social_Work_Service.pdf	Emergency advice relating to people in crisis which cannot be left until the next working day
	PSNI Central Referral Unit (CRU) 028 9025 9299 Emergency number Non-emergency number - 101 (CRU is extension 30299)	Will handle any criminal aspect of suspected child abuse and refer on child protection or support aspect as part of a multi-agency approach
	0808 800 5000 help@nspcc.org.uk More info at www.nspcc.org.uk	Help, advice and support if you are worried about a child. Can signpost on to other services.
	0800 389 4424 More info at www.therowan.net	24/7/365 support for men and women who have been sexually abused, assaulted or raped, whether this is historic or recent. (NI's sexual assault referral centre)
	0800 1111	Free confidential advice and support for children aged 18 and under

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 <p>Family Support Hubs</p>	<p>028 3741 5285 familysupporthubs@southerntrust.hscni.net More info at www.familysupportni.gov.uk or www.southerntrust.hscni.net/services/2288.htm</p>	<p>Accessing additional support services for families from voluntary, community and statutory groups in the local area</p>
	<p>More info at www.ceop.police.uk</p>	<p>Tackles child sex abuse and provides advice to parents, young people and professionals. Make a report to CEOP (Child Exploitation and Online Protection Centre) if someone has acted inappropriately towards a child online</p>
	<p>More info at www.kidscape.org.uk</p>	<p>Equips young people, parents and professionals with the skills to tackle bullying and safeguarding issues across the UK.</p>
	<p>0844 381 4772 helpline@saferinternet.org.uk More info at www.saferinternet.org.uk</p>	<p>Support for all aspects of digital and online issues such as misuse of social networking sites, cyber-bullying, sexting, online gaming and child protection.</p>
	<p>More info at www.safertoknow.info</p>	<p>Information, advice and resources on Child Sexual Exploitation (CSE) in Northern Ireland.</p>
 <p>NSPCC CSE Helpline</p>	<p>0800 389 1701</p>	<p>A 24/7 line purposely for adults and young people to express concerns they may have in relation to child sexual exploitation (CSE).</p>
 <p>Barnardo's Barnardo's Safe Choices</p>	<p>028 9065 8511 More info at www.barnardos.org.uk/nisafechoices</p>	<p>Provides advice where there are concerns that a child or young person is being or might be sexually exploited.</p>

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	<p>0808 8010 722</p> <p>More info at www.parentingni.org</p>	<p>A leading organisation providing support and services based on the needs of parents/carers.</p>
	<p>0808 802 1414</p>	<p>A dedicated Helpline which operates 24 hours a day. It is open to anyone, male or female who may be a victim of abuse.</p>
	<p>0808 800 8000 available 24/7 (calls are free from U.K. landlines & mobiles)</p>	<p>The Northern Ireland crisis response helpline service for people who are experiencing distress or despair. Professionally qualified counsellors who can provide local counselling and support following assessment of need.</p>
	<p>028 9074 4499 info@contactni.com</p> <p>More info at www.contactni.com</p>	<p>Professionally qualified counsellors who can provide independent, confidential counselling to both adults and children and young people.</p>
<p>Mediation and Counselling NI</p>	<p>028 9023 7482 info@mediationandcounselling.com</p> <p>More info at www.mediationandcounselling.com</p>	<p>Professional counselling services for individuals.</p>
	<p>0808 1000 900 help@stopitnow.org.uk</p>	<p>Confidential help and support for people who struggle with sexual thoughts and behaviours towards children.</p>
<p>YOUNG MINDS</p>	<p>www.youngminds.org.uk/noharmdone</p>	<p>Info on young people's mental health. This particular section is on self-harm. Very good advice resources.</p>
	<p>https://www.net-aware.org.uk/</p>	<p>A parents' guide to social networks kids use</p>