











Advice & Support	Websites	Telephone No:
<p>Childline</p> <ul style="list-style-type: none"> • Free 24-hour helpline • Childline is here to help anyone under 19 in the UK with any issue they're going through. • You can talk about anything. Whether it's something big or small, our trained counsellors are here to support you. • Childline is free, confidential and available any time, day or night. You can talk to us: <ul style="list-style-type: none"> - By calling 0800 1111, by email, through 1-2-1 counsellor chat - Whatever feels best for you! 	 childline.org.uk	0800 11 11
<p>Young Minds Whether you want to know more about how you're feeling, get information about a mental health condition or know what support is available to you, our guides can help.</p>	 youngminds.org.uk	020 7089 5050 (general enquiries) 0808 802 5544 (parents helpline)
<p>Kooth On-line resource - Chat to counsellors, read articles that can help. Get support from the Kooth community.</p>	 www.kooth.com	
<p>The Mix Online guide to life for 16-25 year olds. Straight-talking emotional support is available 24 hours a day. Chat about any issue on our moderated discussion boards and live chat room or Crisis Messenger</p>	 themix.org.uk	0808 808 4994
<p>Calm Harm – On-line Support The urge to self-harm is like a wave. It feels the most powerful when you start wanting to do it. Learn to ride the wave with the free Calm Harm app using these activities: Comfort, Distract, Express Yourself, Release, Random and Breathe. When you ride the wave, the urge to self-harm will fade.</p>	 calmharm.co.uk	
<p>NSPCC Specialises in child protection and the prevention of cruelty to children.</p>	 help@nspcc.org.uk or nspcc.org.uk	helpline (adults): 0800 800 5000 helpline (children and young people): 0800 1111
<p>Papyrus Provides information and support for anyone under 35 who is struggling with suicidal feelings, or anyone concerned about a young person who might be struggling.</p>	 papyrus-uk.org	helpline: 0800 068 41 41
<p>Samaritans Emotional support for anyone feeling down, experiencing distress or struggling to cope.</p>	 jo@samaritans.org or samaritans.org	24-hour helpline: 116 123 (Freephone) Local: 01952 256161
<p>Youth Access is the advice and counselling network. Working with our members, we promote the YIACS model as part of local services for young people everywhere.</p>	 youthaccess.org.uk	020 8772 9900

<p>Telford & Wrekin: Homelessness Support If you are concerned about someone sleeping rough or you are sleeping rough yourself in the Telford and Wrekin area then you can contact Maninplace for an appointment based service offering assistance to people presenting as homeless or rough sleeping. ...</p>	 http://www.telford.gov.uk	<p>Call the Helpline on 01952 248248, you can ring this number 24/7</p>
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Useful Contacts	
Local Authority Lead	Cathy Hobbs, Group Manager, Access and Inclusion, School Performance and Development. 6A Darby House, Lawn Central, Telford, Shropshire, TF3 4JA 01952 382084 cathy.hobbs@telford.gov.uk
LADO	Scott Thomas-White. Education Safeguarding Co-ordinator, School Performance and Development, Education and Corporate Parenting, 7A Darby House, Lawn Central, Telford, TF3 4JA, Telford & Wrekin Council Tel: 01952 380989 Mobile: 07973 812611 www.telford.gov.uk scott.thomaswhite@telford.gov.uk
Police	Inspector 0495 Gary Wade, Safer Neighbourhoods Teams North, Wellington Police Station, Victoria Road, Wellington, TF1 1LQ gary.wade@westmercia.pnn.police.uk Tel : 01952 214843 Tel : 101 ext 5443 or 66681 Tel : 07811 748 885
Prevent	Mrs Hifsa Haroon-Iqbal MBE DL MPhil, Regional Prevent Lead Further and Higher Education (West Midlands), Department for Education Email: Hifsa.Haroon-Iqbal@EDUCATION.gov.uk Mob: 07785-654148
Family Connect Telford & Wrekin Council	Families, carers and professionals can access comprehensive local information via this website relating to the needs of children aged 0 - 19 years old or to 24 years old for those with a disability. Telephone: 01952 385385 Email: familyconnect@telford.gov.uk
The Holly Project	YMCA Support for parents and families of CSE victims and survivors. Tan Bank, Wellington, Telford, TF1 1HJ Telephone: 01952 947831 Email: hollyproject@ymcawellington.co.uk
Child Exploitation & Online Protection (CEOP)	Has something happened online that has made you feel worried or unsafe? Advice available in age ranges and for parents/carers. Telephone: 0870 000 3344 Email: enquiries@ceop.gov.uk
<u>The Female Genital Mutilation Helpline</u>	The Female Genital Mutilation Helpline will be launched on Monday 24 June 2013 as a UK-wide service. Telephone: 0800 028 3550 Email: fgmhelp@nspcc.org.uk
<u>Thinkuknow</u> Child Exploitation & Online Protection (CEOP)	<u>Tell Someone</u> Think you or a friend might have been sexually exploited? Want some advice or someone to talk to? Worried about your child or a young person in your care? Please Tell Someone. Visit Thinkuknow.co.uk - the CEOP Centre's online safety site, where you will find advice and tips for children, adults and professionals of all ages. Telephone: 101.

Police	Malinsgate Police Station, Town Centre, Telford, TF3 4HW Telephone: 0300 333 3000 In an emergency please contact 999 Non-emergency please contact 101
T&W Emergency Duty Team	Telephone: 01952 67650
Information Advice Support Service (IASS)	Telephone: 01952 457176
NACRO (drug and alcohol)	Telephone: 01952 248221
Samaritans	Telephone: 01952 25616
Senior Parenting Practitioner	Telephone: 01952 385385 / 0808 2000247
Youth Offending Service	Telephone: 01952 385985