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

Online phone support **0800 1111**

A Childline counsellor:

- will listen to you
- knows it takes courage to contact us
- is genuine, open and friendly
- knows about the problems young people can face
- won't judge you or put you down
- isn't easily shocked
- will let you take your time.

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

Online phone support **0808 800 5000**

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

Online phone support **0300 123 2112**

(open 9.00am to 5.00pm, Monday to Friday)

Email: ask.us@actionforchildren.org.uk

<https://www.ceop.police.uk/safety-centre/>

Are you worried about online sexual abuse or the way someone has been communicating with you online?

<https://papyrus-uk.org/>

Online phone support [0800 068 4141](tel:08000684141)

Are you, or is a young person you know, not coping with life? For confidential suicide prevention advice contact HOPELINEUK. We are open Weekdays 9am–10pm, Weekends and Bank Holidays 2pm–10pm:

<https://www.gov.uk/topic/schools-colleges-childrens-services/safeguarding-children>

Government policies and guidelines

[Telford safeguarding support](#)

Family Connect team	01952 385385	Monday to Friday 9am - 5pm
Emergency Duty Service	01952 676500	Monday to Friday After 5pm Saturday and Sunday 24 hours
West Mercia Police	101 or 999 in an emergency	
Childline	0800 11 11	
NSPCC	0808 800 5000 (Telephone) 88858 (Texting) help@nspcc.org.uk (Email)	
Princess Royal Hospital	01952 641222	

Useful information

[There are various resources, websites and information out there, which can support parents and carers in keeping their child safe.](#)

<http://www.ercallwood.co.uk/covid-19/support>

Here you will find apps, support pages and links for Mental Health support.