

# USEFUL TELEPHONE NUMBERS

- **NSPCC Child Protection Helpline:**

[0808 800 5000](tel:08088005000) (lines free and open 24 hours).

Phone if you are worried about a child.

- **Child-line:**

[0800 1111](tel:08001111) (lines free and open 24 hours).

Phone if you are a child or young person and are worried about anything.

- **National Domestic Violence Helpline:**

[0808 2000 247](tel:08082000247) (lines free and open 24 hours).

Phone if you are experiencing domestic abuse.

- **Samaritans Helpline:**

[08457 90 90 90](tel:08457909090) (open 24 hours).

Phone if you feel you are struggling to cope and need someone to talk to.

- **Action on Elder Abuse Helpline:**

[080 8808 8141](tel:08088088141) (free phone Monday to Friday 9-5pm)