

SAFETY AND WELLBEING

CONTACT LIST OF AGENCIES PROVIDING SPECIALIST ADVICE

B-EAT

Information and support for those affected by eating disorders.
www.b-eat.co.uk

BULLYING UK

Information and support for those affected by bullying.
www.bullying.co.uk

CARE QUALITY COMMISSION

For those with concerns about a child or adult and can't contact local social services.
0300 616161
enquiries@cqc.org.uk

CEOP

A site for reporting inappropriate online chat or behaviour.
www.ceop.police.uk

CHILDLINE

24/7 counselling service for children and young people.
0800 1111
www.childline.org.uk

CHILDLINE

Information and guidance about safeguarding and promoting the rights and best interests of children and young people.

In England: www.crae.org.uk

In Northern Ireland: www.niccy.org

In Scotland: www.cypcs.org.uk/rights

In Wales:

www.childrensrightsinswales.org.uk



DOMESTIC VIOLENCE

Information and support for those affected by domestic abuse.
www.domesticviolenceuk.org

Advice Lines:

Women: 0808 2000 247

Men: 0808 8010 327

LGBT: 0300 999 5428

DRINK AWARE

Information and advice about alcohol.
www.drinkaware.co.uk

EQUALITY AND HUMAN RIGHTS COMMISSION

Equality and rights information.
www.equalityhumanrights.com

FRANK

Advice and information about drugs.
0300 123 6600
www.talktofrank.com

MIND

Information and support for those affected by mental health issues.
0845 766 0163
www.mind.org.uk

NSPCC

For reporting concerns about the wellbeing of a child.
0808 800 5000
www.nspcc.org.uk

THE PRINCESS ROYAL TRUST FOR CARERS

Information for carers of all ages.
www.carers.org.uk

NATIONAL PREVENT HOTLINE

For reporting concerns about extremism.
0300 100 1234

RELATE

Relationship counselling and support.
0300 100 1234
www.relate.org.uk

SAMARITANS

Confidential support and advice for anyone in distress.
116 123
www.samaritans.org

THE SITE

Online information and guidance for young people aged 16-25.
www.thesite.org

STONEWALL

Information and support for Lesbian, Gay, Bisexual and Transgender individuals and communities.
www.stonewall.org.uk

THINK U KNOW

Guidance for all ages on internet safety.
0870 000 3344
www.thinkuknow.co.uk