

## Your Safeguarding Team

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**If you are worried about your safety and need to talk to someone, contact any of the safeguarding team via email**

**If you are in immediate danger call 999**

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## Useful websites and helplines

**Childline - 0800 1111**

**Chat Health - 07480 635424**

**NSPCC - [www.nspcc.org.uk/](http://www.nspcc.org.uk/)**

**Barnardos - [www.barnardos.org.uk/](http://www.barnardos.org.uk/)**

**ThinkUKnow - [www.thinkuknow.co.uk/](http://www.thinkuknow.co.uk/)**

**ChildNet - [www.childnet.com](http://www.childnet.com)**

**Young Minds – [www.youngminds.org](http://www.youngminds.org)**

**Mind – [www.mind.org](http://www.mind.org)**

**If it doesn't feel right and you are worried or concerned, tell someone.**

**The safeguarding team are always here to support you!**