










Safeguarding contact list




Agency	Contact details	Information provided
<p>The Market Place</p> 	<p>Website: www.themarketplaceleeds.org.uk</p> <p>Telephone: 0113 2461659 due to the COVID-19 pandemic they have developed a telephone support service running between 12-6pm, 7 days a week for ages 11-25 years old. The support sessions offered up to 30 minutes.</p>	<p>The Market Place offer support for young people aged between 11 to 25 years old. A drop in can be arranged, for support with mental well-being or help with dealing with anxiety and young people who are self-harming (An appointment can be reserved prior to attending).</p>
<p>Childline –provided by NSPCC</p> 	<p>Website: www.childline.org.uk</p> <p>Telephone: 0800 1111</p> <p>Ask Sam – through a message board facility</p> <p>Text 'Shout' for support on 85258.</p> <p>Contact Childline with SignVideo for children with hearing disabilities. Sign Video lets you contact through a BSL interpreter anytime from Mon-Friday, 9am -8pm. Saturdays, 9am-1pm</p>	<p>To access a counsellor, they are there to listen and support you with anything you'd like to talk about. Or you can have a 1-2- counselling chat online. You can discuss anything you like from a disclosure of pregnancy, being a victim of bullying, feeling low and struggling with sleep patterns; to mental health issues, or general low mood.</p>
<p>Kooth –</p> 	<p>Website: www.kooth.com</p> <p>Visit kooth.com and sign up for the text based conversation with a qualified counsellor. Counsellors are available from 12 noon to 10pm on a weekday and 6pm to 10pm at weekends.</p>	<p>Kooth is a service which provides support with well-being and resilience. Kooth is a web based confidential support service available to 11-18 year olds who are going through a hard time. Kooth provides a safe and secure means of accessing mental health and well-being support. This is designed specifically for young people.</p>

Domestic Violence  For women and children. Against domestic violence.	Website: www.nationaldahelpline.org.uk 24- hour National Domestic Abuse Helpline: 08082000247	The National Domestic and Abuse Helpline is for women and children who are exposed to domestic violence. This allows you the option to seek help, support and advice. In an emergency, please call 999.
Leeds Domestic Violence Service 	Website: www.ldvs.uk 24- hour helpline: 0113 2460401 Email: administration@leedswomensaid.org.uk	The Leeds Domestic Violence Service provide women and men with choices from a range of community based services, including temporary supported housing, IDVA(independent domestic violence advocate)support, community outreach support, a telephone helpline, drop-ins and support groups.
Duty and Advice	Website: www.leedsscp.org.uk Telephone: 0113 3760336	For help and advice regarding the safeguarding of children.
Police 	Website: www.westyorkshire.police In a non-emergency:101 In an emergency:999	Use the police to seek for advice regarding an issue which is concerning about the young people.
Place2Be 	Website: www.place2be.org.uk Email: enquiries@place2be.org.uk	Well-being activities and ideas for families to complete. Counselling services. Place2Be works in

<p>Young Minds</p> 	<p>Website: www.youngminds.org.uk</p> <p>Text 'YM' to: 85258</p> <p>Parent Helpline: 0808-802-5544</p>	<p>Text YoungMinds Crisis Messenger, for free 24/7 support across the UK if you are experiencing a mental health crisis. It also provides support and guidance for parents/carers to help support their children with managing their mental health.</p>
<p>NHS</p> 	<p>Web: www.nhs.uk</p> <p>Go to: 111.nhs.uk</p> <p>Call 111</p> <p>Accident and emergency at Leeds General Infirmary</p>	<p>The NHS website offers a range of supportive material and resources from medical professionals. This includes audio narrations, for example, on managing stress, sleep patterns, coping strategies for managing anxiety. Advice can also be sought in terms of any medical issues which arise.</p> <p>If a young person is at crisis point please take straight to Accident and Emergency at Leeds General Infirmary.</p>
<p>Cruse</p>  	<p>Website: www.cruse.org.uk</p> <p>Telephone: 08088081677</p>	<p>This is a service which offers support, advice and information to children, young people and adults when someone dies. They provide tips to help yourself, or as a parent; how you can support your child. There are video links which explain the grieving process so children/</p>

<p>The UK Safer Internet Centre</p>  <p>UK Safer Internet Centre</p>	<p>Website: www.saferinternet.org.uk</p>	<p>Parents and carers can find online safety tips, advice and resources to help children and young people stay safe online.</p>
<p>Teen Connect/Mind mate</p>  	<p>Phone Number 08088001212 Text service 07715661559 Website https://www.lslcs.org.uk/services/connect-helpline/teen-connect/</p>	<p>Immediate support helpline for children aged between 11-18 years old. This service provides children with emotional support offering the opportunity to have a one hour phone call each night with a specially trained member of staff.</p>
<p>Shout</p> 	<p>Text 85258 Website https://www.giveusashout.org/</p>	<p>Text service for anyone in crisis. They can speak to someone through a text message and get fast responses. This is a great service to use instead of having to speak to someone over the phone.</p>

	Text 'Shout' for support on 85258.	partnership with Shout a 24/7 text messaging service to support anyone in crisis, anytime, anywhere.
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Online Safety	Contact details	Information it provides
NSPCC 	Website: www.nspcc.org.uk If you're worried about a child, even if you're unsure, contact our professional counsellors for help, advice and support. Telephone: 08088005000 Email: help@nspcc.org.uk Under 18 contact number: 08001111	This provides a useful resources for parents /carers on social networks, apps. This site also supports with online safety
Thinkuknow 	Website: www.THINKUKNOW.co.uk	This is an educational programme from NCA-CEOP, a UK organisation which protects children both online and offline for different age groups and supports parents.
Childnet 	Website: www.childnet.com	Childnet has produced a Parent and Carer Toolkit which is a collection of three resources designed to help you talk to your child about their online life, manage boundaries around family internet use and point you in the direction of where to get further help and support.