

### Safeguarding Contacts – Outside of College

Scenario	
Your son or daughter is missing.	<ul style="list-style-type: none"> <li>The Police: 101 or 999 in an emergency</li> </ul>
You need some support with your child because you feel they are not putting themselves in safe positions or you are not able to keep them safe.	<ul style="list-style-type: none"> <li>The Children's Social Care: 01305 221000</li> <li><a href="https://www.dorsetcouncil.gov.uk/w/worried-about-a-child">https://www.dorsetcouncil.gov.uk/w/worried-about-a-child</a></li> <li>The Police: 101</li> </ul>
Your son or daughter is suffering from anxiety, depression or has suicidal thoughts	<ul style="list-style-type: none"> <li>Emergency: 999</li> <li>Refer to your GP/Doctors or an A&amp;E department</li> <li>Contact Parentline (Advice for Parents): 08088 002222</li> <li>Young Minds: 02073 3368445/ <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a></li> <li>Young Minds (Parent Helpline): 08088 025544</li> <li>NHS Direct: 111/ <a href="http://www.nhsdirect.nhs.uk">www.nhsdirect.nhs.uk</a></li> <li>The Samaritans: 116 123/ <a href="http://www.samaritans.org.uk">www.samaritans.org.uk</a></li> <li>Childline: 0800 1111/ <a href="http://www.childline.org.uk">www.childline.org.uk</a></li> <li><a href="http://www.kooth.com">www.kooth.com</a></li> <li><a href="http://www.annefreud.org/on-my-mind/self-care">www.annefreud.org/on-my-mind/self-care</a></li> </ul>
You are worried about Drugs or Alcohol consumption	<ul style="list-style-type: none"> <li>NHS Direct: 111/ <a href="http://www.nhsdirect.nhs.uk">www.nhsdirect.nhs.uk</a> / 999 in an emergency</li> <li><a href="https://www.edp.org.uk">https://www.edp.org.uk</a></li> <li><a href="https://www.publichealthdorset.org.uk/support-for-drug-problems">https://www.publichealthdorset.org.uk/support-for-drug-problems</a> - this website has a large amount of information and various referral contacts designed to provide up-to-date guidance and support relating to the substance abuse issues</li> <li>FRANK: <a href="https://www.talktofrank.com">https://www.talktofrank.com</a> / 03001 236600</li> </ul>
You are worried about a child and want advice	<ul style="list-style-type: none"> <li>The Children's Social Care: 01305 221000</li> <li><a href="https://www.dorsetcouncil.gov.uk/w/worried-about-a-child">https://www.dorsetcouncil.gov.uk/w/worried-about-a-child</a></li> <li>NSPCC: 08088 005000/ <a href="https://www.nspcc.org.uk">https://www.nspcc.org.uk</a> (click on 'Helpline' for reporting contact information)</li> </ul>
You're worried that your son or daughter is in danger of developing an eating disorder	<ul style="list-style-type: none"> <li>NHS Direct: 111/ <a href="http://www.nhsdirect.nhs.uk">www.nhsdirect.nhs.uk</a> / 999 in an emergency</li> <li>Refer to your GP/Doctors</li> <li>Young Persons Helpline: 08456 346750</li> </ul>
You need support with keeping your son or daughter safe online	<p>Websites for advice and guidance:</p> <ul style="list-style-type: none"> <li><a href="https://www.nspcc.org.uk/keeping-children-safe/online-safety">https://www.nspcc.org.uk/keeping-children-safe/online-safety</a></li> <li><a href="https://www.ceop.police.uk/Safety-Centre">https://www.ceop.police.uk/Safety-Centre</a></li> <li><a href="https://saferinternet.org.uk/guide-and-resource/parents-and-carers">https://saferinternet.org.uk/guide-and-resource/parents-and-carers</a></li> </ul>
Your son or daughter needs to talk to someone	<ul style="list-style-type: none"> <li>Kooth is an online counselling service: <a href="https://www.kooth.com">https://www.kooth.com</a></li> <li><a href="https://www.tellmi.help">https://www.tellmi.help</a></li> </ul>

<p>You are worried your son or daughter is self-harming or thinking of self-harming</p>	<ul style="list-style-type: none"> <li>• NHS Direct: 111/ <a href="http://www.nhsdirect.nhs.uk">www.nhsdirect.nhs.uk</a> / 999 in an emergency</li> <li>• Refer to your GP/Doctors</li> <li>• Hope Line UK: 0800 068 4141</li> <li>• Self-harm support/counselling: <a href="http://www.selfharm.co.uk/alumina">www.selfharm.co.uk/alumina</a></li> <li>• The National Self Harm Network: <a href="http://www.nshn.co.uk">www.nshn.co.uk</a></li> <li>• <a href="http://www.selfinjurysupport.org.uk">www.selfinjurysupport.org.uk</a></li> <li>• Prevention of Young Suicide: <a href="http://www.papyrus-uk.org">www.papyrus-uk.org</a></li> <li>• Kooth: <a href="http://www.kooth.com">www.kooth.com</a></li> <li>• Mind: <a href="https://www.mind.org.uk/information-support/types-of-mental-health-problems/self-harm">https://www.mind.org.uk/information-support/types-of-mental-health-problems/self-harm</a></li> <li>• <a href="http://www.selfharm.co.uk">www.selfharm.co.uk</a></li> </ul>
<p>Your son or daughter is being bullied, harassed or threatened online or offline</p>	<ul style="list-style-type: none"> <li>• Police: 101 or 999 in an emergency</li> <li>• Childline: 0800 1111/ <a href="http://www.childline.org.uk">www.childline.org.uk</a></li> <li>• <a href="http://www.bullying.co.uk">www.bullying.co.uk</a></li> <li>• <a href="http://www.beatbullying.org">www.beatbullying.org</a></li> <li>• <a href="http://www.cybermentors.org.uk">www.cybermentors.org.uk</a></li> <li>• <a href="http://www.thinkuknow.co.uk">www.thinkuknow.co.uk</a></li> <li>• <a href="https://paragonteam.org.uk">https://paragonteam.org.uk</a></li> <li>• The Samaritans: 116 123/ <a href="http://www.samaritans.org.uk">www.samaritans.org.uk</a></li> <li>• Young Minds Parents Helpline: 0808 802 5544</li> </ul>
<p>Your son or daughter is a victim of racism</p>	<ul style="list-style-type: none"> <li>• Report it to the Dorset Police :101</li> <li>• Muslim Youth: 0808 808 2008/ <a href="http://www.myh.org.uk">www.myh.org.uk</a></li> <li>• <a href="http://www.equalitysouthwest.org.uk">www.equalitysouthwest.org.uk</a></li> </ul>
<p>You or your child has suffered a bereavement and needs support</p>	<ul style="list-style-type: none"> <li>• <a href="http://www.winstonswish.org">www.winstonswish.org</a> / 08088 020 021</li> <li>• <a href="http://www.crusebereavementcare.org.uk">www.crusebereavementcare.org.uk</a> / 0808 808 1677</li> <li>• <a href="http://www.kooth.com">www.kooth.com</a></li> <li>• The Samaritans: <a href="http://www.samaritans.org.uk">www.samaritans.org.uk</a> / 116 123</li> </ul>
<p>You are worried that your child is engaging in risky sexualised behaviour, may be pregnant, or is at risk of having contracted an STI</p>	<ul style="list-style-type: none"> <li>• NHS Direct: 111/ <a href="http://www.nhsdirect.nhs.uk">www.nhsdirect.nhs.uk</a> / 999 in an emergency</li> <li>• Refer to your GP/Doctors</li> <li>• Sexual Health Dorset: <a href="https://sexualhealthdorset.org">https://sexualhealthdorset.org</a></li> <li>• <a href="https://letstalkaboutit.nhs.uk/other-services/support-for-parents">https://letstalkaboutit.nhs.uk/other-services/support-for-parents</a></li> </ul>