

Safeguarding Support – Contact Numbers

Below are some organisations that may be able to help you, people you work with or your client base.

Connection: 0300 123 5440

A 24 hour helpline for people of all ages, anywhere in Dorset, who are experiencing mental health problems and need support.

Winstons Wish: 08088 020 021

Supports bereaved children, their families and the professionals who support them.

NSPCC: 0808 800 5000

If you're worried about a child, or you work with children and need advice or information, call the helpline, available 24 hours a day, 7 days a week.

Frank: 0300 123 6600

National helpline providing advice and information about drugs.

Men's Advice Line: 0808 801 0327

The Men's Advice Line is a confidential helpline for all men experiencing domestic violence.

National Association for the Children of Alcoholics: 0800 358 3456

Free helpline for anyone whose parents have an alcohol problem.

Beat: 0808 801 0677

Offers help and support to people affected by eating disorders. Provides details of support networks and self-help groups.

SANEline: 0300 304 7000

Support for mental health problems, available 4.30pm-10.30pm daily.

The Retreat: the-retreat.org.uk

A safe place to discuss your problems and access peer support. If you are struggling to cope with life and feel yourself approaching a crisis point, you can attend The Retreat in Hahnemann Road, Bournemouth or Maiden Castle Road in Dorchester.

Monday to Sunday: 4.30pm-12midnight.

Family lives: 0808 800 2222

Provides emotional support, information, advice and guidance on any aspect of parenting and family life.

Samaritans: 116 123

Helpline for anyone with concerns, worries or troubles. Can help you talk through anything that is troubling you. Open 24 hours a day, 365 days a year.

NAPAC: 0808 801 0331

Supporting recovery from child abuse. A confidential service. 10.00am-09.00pm Monday to Thursday and 10.00am-06.00pm on Fridays.

Mind Infoline: 0300 123 3393

To discuss types of mental health problems, where to get help, medication and alternative treatments and advocacy. Lines are open 09.00am-6.00pm, Monday to Friday (except Bank Holidays).

**National Domestic Violence Helpline:
0808 2000 247**

Free and open 24 hours a day, for anyone experiencing domestic violence or worries about someone they know.

MOSAC: 0800 980 1958

Supports all non-abusing parents and carers whose children have been sexually abused.