

Worried and not sure who to call?

Sometimes we don't know who to talk to.
The following is not a complete list,
but provides a signpost to some useful helplines
where you may find support or information.

Something troubling you and you need a listening ear;
Samaritans: 116 123

Children who are troubled or worried can call;
Childline: 0800 1111

For mental health information;
Mind Infoline: 0300 123 3393

Information and advice about older persons' matters;
Age UK: 0800 169 2081

For information about Dementia and Alzheimer's;
Alzheimer's Society Dementia Helpline: 0300 222 1122

If you are concerned about domestic abuse;
Devon's Domestic Abuse Helpline: 0345 155 1074

If you are affected by sexual violence or abuse;
Rape Crisis Helpline: 0808 802 9999
National Association of People Abused in Childhood (NAPAC): 0808 801 0331

If you are concerned about a health matter;
NHS Direct: 0845 4647

To report a crime or if somebody is at immediate risk **dial 999**.

Other safeguarding contacts:

Parish safeguarding Officers:

Branscombe:	Jill Johnson 01297 680133
Colyford, Colyton, Southleigh:	Vicky Mills 01297 553666
Musbury:	Sue Irving 552440

Diocesan safeguarding team: 01392 345 909
safeguarding@exeter.anglican.org

Churches Child Protection Advisory Service: 0845 120 4550 & please state the diocese from which you are calling

