

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 or NSPCC: 0808 800 5000

For mental health information; **Mind Infoline: 0300 123 3393; text 86463**

Older persons' matters; **Age UK: 0800 055 6112**
Elder abuse helpline: 0808 808 8141

Dementia and Alzheimer's **Alzheimer's Society Dementia Helpline: 0300 222 1122**

Cruse bereavement helpline: 0808 808 1677 (M-F 0950-1700)

If you are concerned about domestic abuse;
Devon's Domestic Abuse Helpline: 0345 155 1074 (National 24hr 0808 2000 247)

Galop - the LGBT+ anti-violence charity **helpline: 0800 999 5428**

If you are affected by sexual violence or abuse;
Rape Crisis Helpline: 0808 802 9999 (1200-1430, 1900-2130)
Devon Rape Crisis and Sexual Abuse services 01392 204147 (M W F 1800-2100)
National Association of People Abused in Childhood (NAPAC): 0808 801 0331

If you are concerned about a health matter; **NHS Direct: 0845 4647 or 111 if urgent**
Devon & Cornwall Victim Care: 01392 475900 victimcaredevonandcornwall.org.uk

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

Other safeguarding contacts:

Parish safeguarding Officers:

Branscombe:	Jill Johnson 01297 680 133
Colyford, Colyton & Southleigh:	Vicky Mills 01297 553 666
Musbury:	Sue Irving 01297 552 440
Northleigh	Hazel Platt 01297 552416

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

Churches Child Protection Advisory Service (Thirtyone:eight):0303 003 1111
please state the diocese e.g. Exeter from which you are calling

Devon Multi-Agency Safeguarding Hub (Children) (MASH): 0345 155 1071
Devon – Care Direct (Adults): 0345 155 1007

(Please note that information may be subject to change but was last checked Dec 2018)