

KEEPING CHILDREN SAFE

Please find some useful numbers listed below linked to Safeguarding and keeping your children safe and healthy:

Norfolk CADs (Children Advice and Duty Line): **0344 800 8020**

Norfolk safeguarding number for reporting concerns about children's safety and well-being.

NSPCC: **0808 800 5000**

The National Society for the Prevention of Cruelty to Children is a charity campaigning and working in child protection

www.nspcc.org.uk

help@nspcc.org.uk

Childline: **0800 1111**

Childline is a counselling service for children and young people up to their 19th birthday in the United Kingdom provided by the NSPCC

www.childline.org.uk

Thinkuknow:

Thinkuknow is the education programme from NCA-CEOP, a UK organisation which protects children both online and offline.

www.thinkuknow.co.uk

justonenorfolk: **0300 300 0123**

A health website for Norfolk with lots of helpful advice and links.

www.justonenorfolk.nhs.uk

Norfolk police: **999 or for non-emergencies 101**

The Samaritans: **116 123**

Samaritans is a registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide throughout the United Kingdom and Ireland

www.samaritans.org

Parentline

Text messaging advice service for Norfolk parent's/carers. Simply send a text and a health professional will text you back.

07520 631590

Family Lives

Parents Helpline – parenting advice and courses

0808 800 2222