



This document has been created for any person(s) affected by the issues covered in the production.

For support and information, please visit the websites or phone the phone numbers listed below.

## Safeguarding & Child Protection Support Organisations



### **MASH (Multi Agency Safeguarding Hub) – Havering Council**

[www.havering.gov.uk/safeguarding-children](http://www.havering.gov.uk/safeguarding-children)

Report child safeguarding concerns to the child protection team

Monday – Friday, 9am – 5pm: 01708 433222

Out of hours/weekends: 01708 433999

# childline

ONLINE, ON THE PHONE, ANYTIME

### **Childline**

[www.childline.org.uk](http://www.childline.org.uk)

Free Support Helpline: 0800 1111 (24/7 support line)

Email Locker: <https://www.childline.org.uk/locker/new-email/>

Contact a counsellor through BSL interpreter:

<https://childline.signvideo.net/https://childline.signvideo.net/>

Monday – Friday, 8am – 8pm. Saturday, 8am – 1pm

# Stop it now

### **Stop it now**

[www.stopitnow.org.uk](http://www.stopitnow.org.uk)

For anyone with a concern about child sexual abuse and its prevention

Free Support Helpline: 0808 1000 900

Monday – Thursday, 9am – 9pm. Friday, 9am – 5pm

Secure Email: <https://contactus.stopitnow.org.uk/>

Live Chat service available

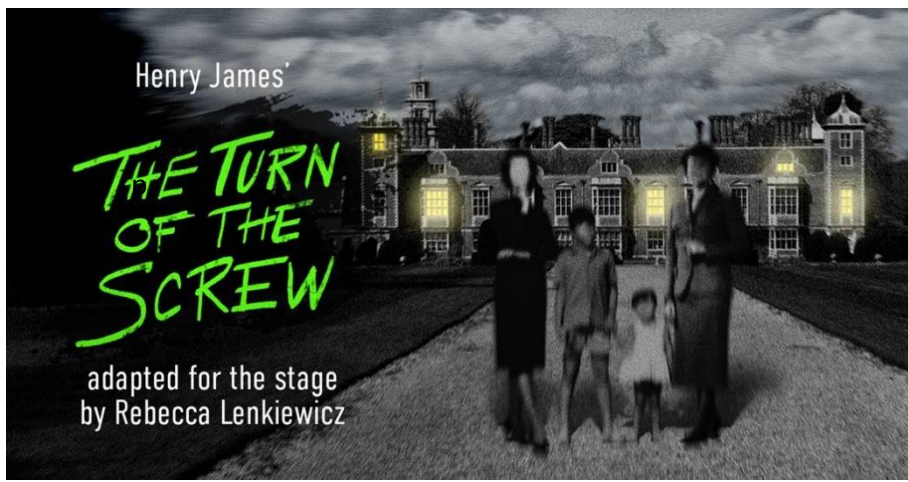


### **The National Association for People Abused in Childhood**

[www.napac.org.uk](http://www.napac.org.uk)

For anyone with a concern about child sexual abuse and its prevention

Online learning courses available providing in-depth learning in trauma and recovery and stress responses.



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## Bereavement Support Organisations



### Samaritans of Havering

Freephone: 116 123

0330 094 57117

[Havering.outreach@samaritans.org](mailto:Havering.outreach@samaritans.org)

107 North Street

Romford

Essex

RM1 1ER



### Sue Ryder

Free Online Bereavement Support Service.

Accessed via computer, smartphone or table. [www.sueryder.org](http://www.sueryder.org)



### AtaLoss

UK's Bereavement Signposting website

[www.ataloss.org](http://www.ataloss.org)

GriefChat: online live counsellor support Monday-Friday, 9am-9pm



### Cruse Bereavement Care

[www.cruse.org.uk](http://www.cruse.org.uk)

Emotional Support Helpline: 0808 808 1677

Monday, Wednesday, Thursday, Friday: 9.30am-5pm

Tuesday: 1pm – 8pm



### The Good Grief Trust

[www.thegoodgrieftrust.org](http://www.thegoodgrieftrust.org)

Signposting to further support services and contact numbers.