




## Links to Advice and Support

<p><b>NSPCC</b></p> <p><b>National Society for the Prevention of Cruelty to Children (NSPCC)</b> is the UK's leading children's charity, preventing abuse and helping those affected to recover.</p>	<p><b>NSPCC</b></p> <p><b>Contact Number</b> 0808 800 5000</p> <p><a href="https://www.nspcc.org.uk/">https://www.nspcc.org.uk/</a></p>
<p></p> <p>A free 24 hour private and confidential counselling service for children and young people up to their 19th birthday in the UK</p>	<p><b>Childline</b></p> <p><b>Contact Number</b> 0800 1111</p> <p><a href="https://www.childline.org.uk/">https://www.childline.org.uk/</a></p>
<p></p>	<p><b>Children England</b></p> <p><b>Contact Number</b> 020 7833 3319</p> <p><a href="https://www.childrenengland.org.uk/">https://www.childrenengland.org.uk/</a></p>
<p><b>SAMARITANS</b></p> <p>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</p>	<p><b>Samaritans</b></p> <p><b>Contact Number</b> 116 123</p> <p><a href="https://www.samaritans.org/">https://www.samaritans.org/</a></p>
<p></p> <p>Helping Young <b>Muslims</b> That Need Emotional Support</p>	<p><b>Muslim Youth Helpline</b></p> <p><b>Contact Number</b> 0808 808 2008</p> <p><a href="https://www.myh.org.uk/">https://www.myh.org.uk/</a></p>

	<p><b>NHS Direct</b></p> <p><b>Contact Number</b> 111</p> <p><a href="https://www.nhs.uk/">https://www.nhs.uk/</a></p>
 <p><b>Solace Women's Aid</b> offers free advice and support to women and children in London to build safe and strong lives.</p>	<p><b>Solace Women's Aid</b></p> <p><b>Contact Number</b> 0808 802 5565</p> <p><a href="https://www.solacewomensaid.org/">https://www.solacewomensaid.org/</a></p>
<p>The National Domestic Violence <b>HOTLINE</b></p> <p>The helpline gives support, help and information, and links people to specialist services in their local area.</p>	<p><b>National Domestic Violence</b></p> <p><b>Contact Number</b> 0808 2000 247</p> <p><a href="https://www.nationaldahelpline.org.uk/">https://www.nationaldahelpline.org.uk/</a></p>
 <p>Helping to make the internet a great and safe place for children. Advice, tips and resources for parents and carers, teachers and young people.</p>	<p><b>Childnet</b></p> <p><b>Contact Number</b> 0800 1111</p> <p><a href="mailto:info@childnet.com">info@childnet.com</a></p>
 <p>Provides accessible cyber safety education to parents, carers and teachers</p>	<p><b>ThinkUknow</b></p> <p><b>Contact Number</b> 0800 1111.</p>

<p>Parent Info is a free service that shares articles, tips, expert advice and resources</p>	<p><b>Parent Info</b></p> <p><b>Contact Details</b>  <a href="https://parentinfo.org/">https://parentinfo.org/</a></p>
 <p>Fearless provides non judgemental advice about <b>crimes and</b> allows information to be given anonymously</p>	<p><b>Fearless</b></p> <p><b>Contact Details</b>  <a href="https://www.fearless.org/">https://www.fearless.org/</a></p>
<p><b>CrimeStoppers.</b>  <b>0800 555 111</b>  100% anonymous. Always.</p> <p>Provide free online or telephone crime reporting anonymously. they never ask for personal information,</p>	<p><b>CrimeStoppers</b></p> <p><b>Contact Number</b>  0800 555 111</p> <p><a href="https://crimestoppers-uk.org">https://crimestoppers-uk.org</a></p>