

# Helpful Telephone Numbers and Websites

<b>NSPCC</b>	Freephone 24 hour helpline for advice or reporting	<b>0800 800 5000</b> <a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a>
<b>CHILDLINE</b>	Freephone 24 hour helpline for children and young people	<b>0800 1111</b> <a href="http://www.childline.org.uk">www.childline.org.uk</a>
<b>SOCIAL SERVICES</b>		
<b>DEVON MASH</b>	Multi-Agency Safeguarding Hub	<b>0345 155 1071</b>
<b>PLYMOUTH</b>	Gateway Service	<b>01752 668000</b>
<b>TORBAY MASH</b>	Multi-Agency Safeguarding Hub	<b>01803 208100</b>
<b>NATIONAL DOMESTIC VIOLENCE HELPLINE</b>	Freephone 24 hours helpline for women experiencing domestic violence	<b>Helpline: 0808 2000 247</b> <a href="http://www.nationaldomesticviolencehelpline.org.uk">www.nationaldomesticviolencehelpline.org.uk</a>
<b>DEVON DOMESTIC ABUSE SERVICES</b>	Support services to women and young people experiencing domestic abuse	<b>Helpline: 0345 155 1074</b> <a href="http://www.splitz.org">www.splitz.org</a>
<b>RAPE CRISIS</b>	Support for women and girls who have experienced sexual violence	<b>National Helpline: 0808 802 9999</b> <a href="http://www.rapecrisis.org.uk">www.rapecrisis.org.uk</a>
<b>DEVON RAPE AND SEXUAL ABUSE LINE</b>	Listening service for women & men over 16, living in Devon	<b>Helpline: 0808 800 0188</b> <a href="http://www.therapeandsexualabusehelpline.co.uk">www.therapeandsexualabusehelpline.co.uk</a>
<b>MEN'S ADVICE LINE</b>	Help & support for male victims of domestic violence	<b>Helpline: 0808 801 0327</b> <a href="http://www.mensadvice.org.uk">www.mensadvice.org.uk</a>
<b>SURVIVORS UK</b>	Info, support & counselling for male victims of rape & sexual abuse	<b>SMS chat: 020 3322 1860</b> <b>Web chat: <a href="http://www.survivorsuk.org">www.survivorsuk.org</a></b>
<b>NAPAC</b>	Supporting recovery from child abuse	<b>Helpline: 0808 801 0331</b> <a href="http://www.napac.org.uk">www.napac.org.uk</a>
<b>MOSAC</b>	Supporting non-abusing parents and carers of sexually abused children	<b>Helpline: 0800 980 1958</b> <a href="http://www.mosac.org.uk">www.mosac.org.uk</a>
<b>MERMAIDS</b>	Family & individual support for children with gender identity issues	<b>Helpline: 0344 344 0550</b> <a href="http://www.mermaidsuk.org.uk">www.mermaidsuk.org.uk</a>
<b>GALOP</b>	LGBT+ anti-violence charity - hate crime, sexual & domestic abuse	<b>Helpline: 0800 999 5428</b> <a href="http://www.galop.org.uk">www.galop.org.uk</a>
<b>EACH</b>	Support for those affected by homophobic or transphobic bullying	<b>Helpline: 0808 1000 143</b> <a href="http://www.eachaction.org.uk">www.eachaction.org.uk</a>
<b>INTERCOM TRUST</b>	LGBT resource in the South West	<b>Helpline: 0800 612 3010</b> <a href="http://www.intercomtrust.org.uk">www.intercomtrust.org.uk</a>
<b>FAMILY LIVES</b>	Helpline service for parenting and family life	<b>Helpline: 0808 800 2222</b> <a href="http://www.familylives.org.uk">www.familylives.org.uk</a>
<b>HOME-START UK</b>	Support & friendship for families	<b>0166 464 5490</b> <a href="http://www.home-start.org.uk">www.home-start.org.uk</a>
<b>VICTIM SUPPORT</b>	Supporting people affected by crime or traumatic events	<b>Helpline: 08 08 16 89 111</b> <a href="http://www.victimsupport.org.uk">www.victimsupport.org.uk</a>
<b>SAMARITANS</b>	Offering a safe place to talk 24 hour helpline	<b>Helpline: 116 123</b> <a href="http://www.samaritans.org">www.samaritans.org</a>
<b>FRANK</b>	Friendly, confidential drugs advice 24 hour helpline	<b>Helpline: 0300 123 6600</b> <a href="http://www.talktofrank.com">www.talktofrank.com</a>
<b>ALCOHOLICS ANONYMOUS</b>	For support with alcoholism	<b>Helpline: 0800 9177 650</b> <a href="http://www.alcoholics-anonymous.org.uk">www.alcoholics-anonymous.org.uk</a>
<b>INTERNET WATCH FOUNDATION</b>	For reporting concerns about material on the internet	<a href="http://www.iwf.org.uk">www.iwf.org.uk</a>
<b>THINK U KNOW</b>	Protecting children online – resources for children, parents & professionals	<a href="http://www.thinkuknow.co.uk">www.thinkuknow.co.uk</a>
<b>CEOP</b>	Child Exploitation & Online Protection	<a href="http://www.ceop.police.uk">www.ceop.police.uk</a>
<b>UK SAFER INTERNET CENTRE</b>	E-safety tips, advice & resources to help young people stay safe online	<b>Professionals Helpline: 0344 381 4772</b> <a href="http://www.saferinternet.org.uk">www.saferinternet.org.uk</a>

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