

## Safeguarding Contacts and Pastoral Information

<p><b>Childline</b></p> <p><a href="http://childline.org.uk/">childline.org.uk/</a> Call free on Tel: 0800 1111</p>	<p><b>NSPCC</b></p> <p><a href="http://nspcc.org.uk/">nspcc.org.uk/</a> If you are worried about a child Tel: 08088005000</p>	<p><b>Samaritans</b></p> <p>Suicide Prevention <a href="http://samaritans.org/">samaritans.org/</a> Tel: 116 123</p>	<p><b>Customer First</b></p> <p>Social Care including out of hours for concerns Tel: 08088004005</p>	<p><b>NHS</b></p> <p><b>Tel: 111</b> Non-emergency advice line</p> <p><b>Tel: 111 Option 2</b> for First Response (Mental Health)</p>
<p><b>Mental Health and Wellbeing on the MCA website</b></p> <p><a href="https://www.mildenhall.attrust.org.uk/students-2/mental-health-wellbeing/">https://www.mildenhall.attrust.org.uk/students-2/mental-health-wellbeing/</a></p>	<p><b>Kooth</b></p> <p><a href="http://kooth.com/">kooth.com/</a> Online wellbeing community</p>	<p><b>Papyrus Hopeline</b></p> <p>Prevention of Young Suicide <a href="http://papyrus-uk.org/">papyrus-uk.org/</a> Tel: 08000684141 Mob: 07860039967</p>	<p><b>The Source</b></p> <p><a href="https://thesource.me.uk/your-mind/">https://thesource.me.uk/your-mind/</a> Information and advice for young people in Suffolk</p>	<p><b>Police</b></p> <p><b>Tel: 101</b> Non-emergency line</p>
<p><b>Emotional Wellbeing Hub</b></p> <p>Tel: 03456002090</p>	<p><b>Domestic Abuse Helpline</b></p> <p>Tel: 08082000247</p>	<p><b>ChatHealth</b></p> <p>You can text a school nurse on weekdays between 9am and 4:30pm – excluding Bank Holidays</p> <p>07505 333356</p>	<p><b>Fearless</b></p> <p>Enables young people to pass on information about crime 100% anonymously</p> <p>0800 555 111 <a href="https://crimestoppers-uk.org/fearless">https://crimestoppers-uk.org/fearless</a></p>	<p><b>MCA Safeguarding Team – 01638 714645</b></p> <p><a href="mailto:Lynne.mcsloy@attrust.org.uk">Lynne.mcsloy@attrust.org.uk</a> <a href="mailto:Antony.ginn@attrust.org.uk">Antony.ginn@attrust.org.uk</a> <a href="mailto:Jessica.Wright@attrust.org.uk">Jessica.Wright@attrust.org.uk</a> <a href="mailto:Helen.mcmullan@attrust.org.uk">Helen.mcmullan@attrust.org.uk</a> <a href="mailto:Jenna.wetton@attrust.org.uk">Jenna.wetton@attrust.org.uk</a> <a href="mailto:Andy.Smith@attrust.org.uk">Andy.Smith@attrust.org.uk</a></p>