

WHERE TO GET HELP AND ADVICE WITH CHILD AND ADULT SAFEGUARDING ISSUES

CHILDREN - are you worried about a child or yourself?

- ChildLine: **0800 1111** A free 24-hour helpline for children in distress or danger
- NSPCC Child Protection Helpline: **0808 800 5000** A free 24-hour service which provides counselling, information and advice to anyone concerned about a child at risk of abuse.
- Cambridgeshire County Council: **0345 045 5203** For out of hours (5pm – 9am), please contact the Emergency Duty Team: **01733 234724**

ADULTS - are you worried about an adult or yourself?

If you are concerned that an adult is suffering harm, abuse or neglect, call:

- Cambridgeshire County Council: **0345 045 5202** Outside office hours, at weekends and on public holidays contact the Emergency Duty Team on **01733 234724**
- National Domestic Violence Helpline: **0808 2000 247**