Dial 999 if you feel in danger or unsafe

Multi Agency Support Hub (MASH)

Concerns about the safety and wellbeing of a child or young person

BCP: 01202 735046

DORSET: 01202 228866

NSPCC

Monday to Friday 8am – 10pm and 9am – 6pm at the weekend. You can contact us online 24 hours a day, 365 days a year.

0808 800 5000

email: help@nspcc.org.uk

CHILDLINE

Bullying, abuse, safety & the law, you & your body, your feelings, friends, relationships & sex, home and families, School, college & work

0800 1111

www.childline.org.uk

NHS CHAT HEALTH

Text for confidential advice and support with all kinds of things like: Contraception, mental health, bullying, self-harm, alcohol, healthy eating, drugs, sex, smoking

Text: 07480 635511

KOOTH - Need to talk?

Friendly counsellors, self-help, community support. Free, safe and anonymous online support for young people.

kooth.com

If you have any concerns while we are closed, LeAF's safeguarding lead,
Nadine Lapskas, should be available by email:
nlapskas@leaf.bournemouth.sch.uk