



Beauchamp College Safeguarding: Sources of support and guidance

Emergency - Ambulance, Fire, Police: 999

Safeguarding concerns: Leicestershire Council- 0116 3050005

Childline:

Free, confidential advice & support for those 18 & under

0800 11 11

NHS: 111

FRANK:

Confidential drugs information and advice

03001236600

Samaritans:

Confidential, emotional support

116123

www.samaritans.org

Victim support:

Helping victims of crime

08 08 16 89 111

Kooth:

Online mental health services for young people and adults

<http://www.kooth.com>

Rape Crisis Line:

0808 802 9999 (12:00- 14:30 and 19:00-21:30)

Anxiety UK:

03444 775 774

LGBT+ Helpline:

15:00 – 17:00 pm Tuesdays & Wednesdays, 13:00 – 15:00 pm Thursdays

07935 669611

CRUSE:

Bereavement counselling:

0333 554 9157

Crimestoppers:

Give crime information anonymously-

0800 555 111

Leicester Sexual Health Clinics:

To book an appointment

0300 124 0102

(Haymarket Health Centre)

Domestic Abuse Helpline:

www.nationaldahelpline.org.uk

0808 2000 247

Forced Marriage Unit:

020 7008 0151

Karma Nirvana:

Honour-based violence & forced marriage

0800 5999247

Homelessness:

0116 221 1857

Drinkaware:

Alcohol support services

0300 123 1110

BEAT: Eating Disorders:

Helpline: 0808 801 0811

Mind:

Mental Health Charity

0300 123 3393