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Safeguarding concerns in a school/university/prison/healthcare setting should be raised with the relevant organisation's Safeguarding team.

### **Finding support**

Safe Spaces is a free and independent support service, providing a confidential, personal and safe space for anyone who has been abused by someone in the Church or as a result of their relationship with the Church of England, the Catholic Church in England and Wales or the Church in Wales.

If you have been affected, however long ago, Safe Spaces can provide you with support.

### **Contact SafeSpaces**

We understand reporting abuse may be very difficult and that not everyone may want to contact the church directly. Below is a list of other agencies that are available to assist either on a 24-hour basis or through specialist helplines and services:

**Thirty-one: Eight:** 0303 003 1111 (out of hours and weekend safeguarding advice)

**NSPCC Child Protection Helpline:** 0808 800 5000 (lines free and open 24 hours). Phone if you are worried about a child.

**Child-line:** 0800 1111 (lines free and open 24 hours). Phone if you are a child or young person and are worried about anything.

**National Domestic Violence Helpline:** 0808 2000 247 (lines free and open 24 hours). Phone if you are experiencing domestic abuse.

**Samaritans Helpline:** 116 123 (open 24 hours). Phone if you feel you are struggling to cope and need someone to talk to.

**Action on Elder Abuse Helpline:** 080 8808 8141 (free phone Monday to Friday 9-5pm).