

Safeguarding Resources

General Resources

Childline: This is the most crucial resource for young people. It's a free, confidential 24-hour helpline and online service for children and young people in the UK. They can talk about anything that's worrying them, no matter how big or small.

- **Phone:** 0800 1111 (free, confidential, 24/7)
- **Website:** <https://www.childline.org.uk/>
- *Key message for young people: "You can call, chat online, or email about any problem big or small. It's free and confidential."*

The Mix: Provides free, confidential support for young people under 25, covering a wide range of issues including abuse, mental health, relationships, and more. They offer phone, text, and online chat services.

- **Phone:** 0808 808 4994 (free, 3pm-midnight every day)
- **Text:** THEMIX to 85258 (free, 24/7)
- **Website:** <https://www.themix.org.uk/>

Warwickshire Safeguarding Children Partnership (WSCP) - Worried about a Child: This is the primary contact for anyone (including young people if they feel able) to report concerns about a child's safety or welfare in Warwickshire.

- **Family Connect / MASH (Multi-Agency Safeguarding Hub):** 01926 414144 (Monday-Thursday 8.30am-5.30pm, Friday 8.30am-5.00pm)
- **Emergency Duty Team (Out of Hours):** 01926 886922
- **Website:** <https://www.safeguardingwarwickshire.co.uk/safeguarding-children/i-work-with-children-and-young-people/worried-about-a-child>
- *Crucial for immediate danger: **Always call 999.***

Victim Support - Warwickshire: While not exclusively for children, they have Children and Young People (CYP) Caseworkers who provide support to young victims of all types of crimes, including abuse.

- **Local Warwickshire Team:** 01926 358060 (Mon-Fri 9am-5pm)
- **Supportline (24/7):** 0808 1689 111
- **Website:** <https://www.victimsupport.org.uk/resources/warwickshire/>

Online Safety

Warwickshire Online Safety Hub: This is a fantastic resource specifically for Warwickshire parents, offering expert advice, guidance, app reviews, and in-depth information on popular social media and gaming platforms.

<https://warwickshire.onlinesafetyhub.uk/>

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Food

This article from Warwickshire County Council provides comprehensive information and advice on accessing support to feed your family

<https://www.warwickshire.gov.uk/managing-money-debt/feeding-your-family>

Mental Health and Wellbeing

Warwickshire County Council provides a range of mental health and emotional wellbeing services for young people, including peer mentor support, online counselling through Kooth, and one-to-one and group support sessions from "Time for Young People." Additionally, services like "Space to Grow" offer early intervention for younger children, and resources like CAMHS Resources and Every Mind Matters provide helpful tools and advice for young people, parents, and carers.

<https://www.warwickshire.gov.uk/mental-health-wellbeing/emotional-wellbeing-mental-health-support-young-people>

Drug and Substance Use

This page on the GP Gateway provides information on early intervention services for young people in Coventry, Rugby, and South Warwickshire who are displaying risky

behaviours related to drugs, alcohol, and substance misuse, as well as relationships and sexual health.

<https://www.coventryrugbygateway.nhs.uk/pages/drugs-and-alcohol-young-people/#:~:text=Positive%20Choices%20Coventry%20provided%20by,to%2024%20for%20looked%20after>

Other support for Young People in Warwickshire (Substance Misuse):

- **Compass Warwickshire CYPDAS (Children & Young People's Drug & Alcohol Service):** This is the primary local service for young people aged 5-25 in Warwickshire who need support around their own, or another person's, drug or alcohol use. It's free and confidential.
 - **Phone:** 01788 578227
 - **Chat Health (confidential text messaging service for young people):** 07507 331 525
 - **Website:** <https://www.compass-uk.org/services/warwickshire-cypdas/>
 - *Note: Recent information indicates that **Change Grow Live (CGL)** has taken over the contract for young persons' drug and alcohol services in Warwickshire from Compass/CYPDAS as of May 1st. While Compass's website is still active, it's good to mention CGL as well.*
- **Change Grow Live (CGL) Warwickshire:** CGL provides a free and confidential drug and alcohol service for adults (including young adults) and families. They are now delivering the young persons' drug and alcohol service in Warwickshire.
 - **Phone:** 01926 353513
 - **Email:** Warwickshire.Info@cgl.org.uk
 - **Website:** <https://www.changegrowlive.org/drug-alcohol-service-warwickshire/>
(They have hubs in Leamington Spa, Nuneaton, and Rugby.)

National UK Substance Misuse Support for Young People:

- **FRANK (Talk to FRANK):** FRANK is a national drug education service. It provides honest, factual information about drugs and offers confidential advice and support for young people, parents, and carers.

- **Phone:** 0300 123 6600 (24/7)
- **Text:** 82111
- **Website:** <https://www.talktofrank.com/>
- *Key message for young people: "If you're worried about drugs, just call FRANK. It's free, confidential, and 24/7."*

Family Relationships

This page from Warwickshire County Council focuses on family relationships, offering support and resources for various aspects of family life. It covers topics such as maintaining relationships, parenting matters, separation, co-parenting, and legal considerations for children.

<https://www.warwickshire.gov.uk/familyrelationships>

Sexual Abuse

Safeline: A specialist sexual violence and abuse charity offering confidential services for survivors, families, partners, carers, and friends in Warwickshire and surrounding areas. They work with all ages, genders, and identities.

- **Phone:** 01926 402 498
- **Warwickshire & Coventry Survivors Helpline:** 0808 800 5008
- **National Male Survivor Helpline:** 0808 800 5005
- **Website:** <https://safeline.org.uk/>

RoSA (Rape or Sexual Abuse Support): An independent charity offering free, confidential support for anyone in Warwickshire who has experienced rape, sexual abuse, sexual exploitation, or sexual violence.

- **Phone:** 01788 551151
- **Website:** <https://rosasupport.org/>

Barnardo's: Barnardo's offers a range of services for families and young people, including support for those who have been sexually abused in Warwickshire and the West Midlands.

- **Website (general):** <https://www.barnardos.org.uk/> (You might need to search for local Warwickshire services on their site, but they are a key provider).

Something's Not Right (Warwickshire specific page): This page on the Warwickshire County Council website directs to various local and national services for sexual assault and exploitation.

<https://www.warwickshire.gov.uk/keeping-child-safe/sexual-assault-sexual-exploitation/1>