

# STAYING SAFE

SAFEGUARDING HELPLINE

**01708 462 718**

HAVERING COLLEGE: Mon/Fri 9am - 5pm

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Police: **101** (non-emergency 24hrs)

Childline: **0800 1111** (24hrs)

Support for under 25s: **[www.themix.org.uk](http://www.themix.org.uk)**



## **YOUNG PEOPLE'S INFORMATION AND ADVICE SERVICES**

Youth Zone @ St. Kilda: 01708 434 499

The Listening Zone (Barking & Dagenham): 0300 555 1012

Beat: 0345 634 7650

Young Minds: 020 7089 5050

Terence Higgins Trust: 0808 802 1221

Switchboard LGBT+ helpline: 0300 330 0630

Frank (drugs): 0300 123 6600

Muslim Youth: 0808 808 2008

Samaritans: 01708 740 000 or 116 123 (free)