

**Useful National Numbers and Websites**

**Websites**

[**www.nspcc.org.uk**](http://www.nspcc.org.uk/)

[**www.womensaid.org.uk**](http://www.womensaid.org.uk/)

[**www.restoredrelationships.org**](http://www.restoredrelationships.org/)

[**www.stopitnow.org.uk**](http://www.stopitnow.org.uk/)

[**www.scie.org.uk**](http://www.scie.org.uk/)

[**www.ceop.police.uk**](http://www.ceop.police.uk/)

**HELPLINES**

* **NSPCC** - For adults concerned about a child **0808 800 5000**
* **ChildLine** - For children and young people on **0800 1111**
* Action on **Elder Abuse** helpline **0808 808 8141**
* 24-hour National **Domestic Violence** Helpline **0808 2000 247**
* **NAPAC** – Offer support and advice to adult survivors of childhood abuse **0808 801 0331**
* **Stop It Now** – preventing child sexual abuse **0808 1000 900**
* **Cruse** – bereavement helpline **0808 808 1677**
* **Samaritans Helpline: 08457 90 90 90**