

## Phone Numbers

**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**

## Useful Links

[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)

[www.elderabuse.org.uk](http://www.elderabuse.org.uk)

[www.ageuk.org.uk](http://www.ageuk.org.uk)

[www.barnardos.org.uk](http://www.barnardos.org.uk)

[www.spiritualabuse.com](http://www.spiritualabuse.com)

[www.modernslavery.co.uk](http://www.modernslavery.co.uk)