**Local and National Organisations providing Safeguarding Contacts, Information and Resources**

**Police : Call 101 or 999 in emergency**

**Local Contacts - Adult and Children’s Social Care**

**Stockton**

**Adult** Tel: 01642 527764 Out of Hours 01642 524 552

**Children** 01642 130080 Emergency Duty Team (outside of office hours) 01642 524 552

**Darlington**

**Children** Contact the Children’s Access Point on 01325 406222 or Emergency Duty Team on 01642 524552.

**Adult**  Contact the First Point of Contact Team on 01325 406111 or the Emergency Duty Team on 01642 524552.

**Durham (both numbers are operated 24 hours)**

**Adult** Social Care Direct on 03000 267 979.

**Children** First Contact on Tel: 03000 267 979.

**Gateshead**

**Adult** Adult Social Care Direct - 0191 433 7033

**Children** Gateshead Council's Children's Services (in confidence) on: 0191 433 2653 (office hours: Monday - Friday, 8.30am to 5pm) or Emergency Duty Team 0191 477 0844 ( outside of office hours)

**South Tyneside**

**Adults**  Let’s Talk Team 0191 424 6000 (Monday-Friday 8.30 am to 5.00pm or 0191 456 2093 ( outside of the above office hours)

**Children**  0191 424 5010 ( Monday to Friday 8.30-5.00) or 0191 456 2093 (outside of the above office hours)

**Hartlepool**

**Adult** Tel: 01429 523390 or Out of Hours 01642 524 552

**Children** Tel:01429 284284 or Emergency Duty Team (outside of office hours) 01642 524 552

**Sunderland**

**Adult** Tel: 0191 520 5552 or Out of Hours 0191 5205552

**Children** Contact Children's Safeguarding on 0191 520 5560  or Out of Hours 0191 5205552

**Helplines for further support**

**NSPCC** For adults concerned about a child Tel: 0808 800 5000

**ChildLine** For children and young people Tel: 0800 1111

**Hourglass (was Action on Elder Abuse)** Helpline: 0808 808 8141

**24-hour National Domestic Violence Helpline** 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

[**The Survivors Trust**](https://thesurvivorstrust.eu.rit.org.uk/contact) 7 days a week (Note: hours vary- please see website below)

Helpline 0808 801 0818 Text: 07860 022956

**LGBT+ Domestic Abuse Helpline** 0800 999 5428  help@galop.org.uk

**Men’s Advice Line** Domestic Abuse helpline 0808 801 0327  info@mensadviceline.org.uk

**Age UK Advice Line** 0800 678 1602

**Samaritans** If you are struggling to cope and need someone to talk to Helpline 116 123

**Websites for further information and resources**

<www.nspcc.org.uk>

<www.womensaid.org.uk>

[www.restoring relationships.org](https://www.restoringrelationships.org/about)

<www.stopitnow.org.uk>

<www.scie.org.uk>

<www.ceop.police.uk>

[www.wearehourglass.org/action-elder-abuse-now-hourglass](https://www.wearehourglass.org/action-elder-abuse-now-hourglass)

<www.ageuk.org.uk>

<www.barnardos.org.uk>

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

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

[www.the survivorstrust.org](https://thesurvivorstrust.org/our-helpline/)