

Useful Numbers

If you are worried or want to talk to someone about things that have happened to you, you can call the Social Care Service where you live or speak to your Social Worker on:

Hartlepool	01429 523 390
Middlesbrough	01642 065 070
Redcar & Cleveland	01642 771 500
Stockton-On-Tees	01642 527 764
Evenings and Weekends	01642 524 552

You can report abuse and neglect to the **Police by calling 101.**

You must **ONLY ring 999** in an emergency.



Teeswide Safe Place Scheme



.....Tear Off and Keep in Your Wallet or Purse.....

Contact Details for the Safe Place Scheme

My Name:

The Person To Call If I Need Help is:

- Name:

- Phone Number:

What are Safe Places?

These are places in the community where you can go if you don't feel safe or need some help.

How can a Safe Place help you?

- A safe and friendly place
- A place to sit and have a rest if you are lost or unwell
- People to understand and listen
- Staff that can provide help and advice
- Staff who can call someone you know

Why would you use a Safe Place?

You can go to a Safe Place if you:

- Need some help and advice
- Feel lost, upset or afraid
- Feel bullied or scared
- Have lost your belongings
- Have lost your friends, family or the person who cares for you

These places can help anyone if they don't feel safe.

Just knowing about Safe Places can help you feel safer to go out on your own or with your friends.

Where can you find a Safe Place?

Every Safe Place will have a sticker in the window like this:



You can also search the internet to find where Safe Places are located before you go out, you can find the lists here:

Near where you live in Teesside:

<https://www.tsab.org.uk/find-support-in-your-area/safe-place-scheme/>

Around the Country:

<http://www.safeplaces.org.uk/>