

## Who can you talk to?

If you are worried about someone visit our website [actearly.uk](https://actearly.uk) to find out more about how we can support the person you are concerned about. Our website will help explain more about our role, how you can contact us in confidence and details of the other organisations who can help if you would prefer to speak with someone else.

The most important thing to remember is to share your concerns early, whichever organisation you decide to contact for support and advice.

Remember, in an emergency, please make sure you are safe and dial 999.



It can be scary when someone close expresses extreme views

## Receiving support is voluntary

Contact us in confidence and we'll listen carefully to your concerns. The earlier you tell us your worries, the quicker we can get the person you care about the help they need. Receiving support is voluntary. We'll need the person's permission to help them. Depending on the situation, we might reach out to other organisations we work with to put the right support in place. That could be support from a doctor, through a school, or with a local community group or mentor for example.

If you are concerned, tell us. You won't be wasting our time and you won't ruin lives, but you might save them. Visit [actearly.uk](https://actearly.uk) for more information.

# Is someone close becoming a stranger?



If you're worried that someone you know is being radicalised, visit [actearly.uk](https://actearly.uk)

It can be hard to know what to do if you are worried someone close is expressing extreme views or hatred which could lead to them harming themselves or others. Working alongside other organisations, the police protect vulnerable people from being exploited by extremists through a voluntary Home Office programme called Prevent.

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## Who we are

Police forces across the country have specially trained Prevent officers who work with professionals in health, education, local authorities and charities, as well as faith and community groups to help vulnerable people move away from extremism.

Because all of the organisations are involved from the start, we can get them the help they need quickly. Working together we have helped many people find a path away from extremism.

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Extremists try to get inside the minds of vulnerable people

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I knew something was wrong. I felt frightened, nervous like the sand was shifting under my feet. I embraced it when my son was referred to the Prevent programme. It was good to get support.

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Mother of son who was supported through Prevent

## How we can help the person you care about

Every case is assessed by our Prevent officers who work with other organisations to put the best plan in place to support the person. This can mean the right support is provided by a charity, your local authority or someone who works in health or education. In most cases there isn't any need for ongoing police involvement.

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Don't ignore the small changes, because by the time you realise the danger it will be a bigger problem to deal with. Just start the conversation. Trust your instincts.

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Family member of someone supported through Prevent



Many people are drawn into radicalisation by online content and social media

## Why it's important to act early and share your concerns

It could be nothing, but what if it isn't? It can feel very scary to think someone close could be heading down a path towards extremism. But friends and family are better placed than anyone to know when something doesn't feel right. We're here to help. You can better protect someone you love from harming themselves or others if you seek advice at an early stage. Together we can help prevent them from becoming drawn into harmful activities or groups.

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