

## Useful Numbers

You might be worried or want to talk to someone about things that have happened to you.

You can talk to the [Social Care Service](#) where you live or speak to your Social Worker:

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

If you do not feel safe you can contact Police by calling 101.

**In an emergency phone 999.**

### All About Me

**My Name:**

**The person to call if I need help is**

**Name:**

**Relationship to me:**

**Phone Number:**



# Teeswide Safe Place Scheme

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



## What are Safe Places?

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

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

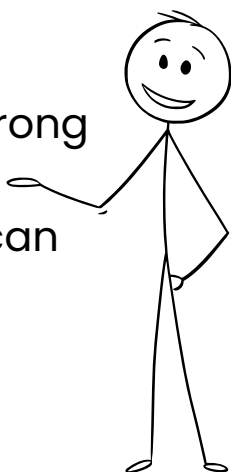
## You might go to a Safe Place if you ....

- Have lost the people you were with
- Are lost, upset or scared
- Have lost your things
- Have been bullied
- Need help

## A Safe Place is a safe and friendly place.

### Staff will:

- Be kind
- Talk to you and ask you what is wrong
- Listen to you
- Ask you if there is someone they can call to help you
- Give you information
- Help you



## Where can you find a Safe Place?

Look out for this sticker.  
Every Safe Place will have one in their window.

You can also use the internet to find where Safe Places are located before you go out.



## Find Safe Places near you in Teesside:

Scan the QR Code



Or search on the internet for:  
"TSAB Safe Place"

## Find Safe Places around the Country:

Scan the QR Code



Or visit:

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

**When you arrive at a Safe Place, go inside to speak with someone who works there.  
You could show them this leaflet.**

Complete "All about me" on the back.  
Tear off and put this side in your purse or wallet.

