

If you have an urgent safeguarding query or concern, please contact CADS on 0344 800 8020 (public), 0344 800 8020 (professionals) or dial 999 for the Police.

<p>Call 111 <b>NHS</b> Non-emergency advice line</p> <p>Call 101 <b>Police</b> Non-emergency line</p>	<p><b>Norfolk &amp; Suffolk:</b> <a href="#">24/7 First Response Service</a>. If you need help for a mental health crisis or emergency, you should get immediate expert advice and assessment. Call : 0808 196 3494</p>	<p><b>Norfolk:</b> Safeguarding concern for a child? Call: <a href="#">Children's Advice and Duty Service</a> (CADS) 0345 800 8021</p> <p><b>Suffolk:</b> Customer First: 0808 800 4005</p>	<p><a href="#">Domestic Abuse Helpline 24 hrs:</a> Call 0808 2000 247</p> <p><b>Norfolk and Suffolk:</b> <a href="#">Leeway Domestic Violence and Abuse Services</a> Helpline Call: 0300 561 0077</p>	<p><a href="#">Childline</a> - If you're under 19, you can talk to Childline about any concern you have. Call: 0800 1111.</p>
<p><a href="#">Papyrus</a> - If you are (or know a young person) thinking of suicide, Papyrus offers confidential suicide prevention advice. Call: 0800 068 4141</p>	<p><a href="#">Samaritans</a> - If you just need to talk, any time of the day or night, these services offer confidential advice from trained volunteers. Call: 116 123</p>	<p><b>NSPCC:</b> If you're worried about a child, even if you're unsure, contact the helpline for advice and support. Call: 0808 800 5000.</p>	<p><a href="#">Kooth</a> - Free Online counselling and peer support for 11 - 25 year olds.</p>	<p><a href="#">Young Minds Crisis Messenger</a> text service provides free, 24/7 crisis support for young people who are experiencing a mental health crisis and need support. Text: YM to 85358</p>