**Children and Young People**

If you are a child in need of help then there are lots of people you can contact.

Anything you tell us will be kept in confidence, but we may need to share certain information to keep you safe.

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| **Are you a child or young person in need of help?** | |
| **Southmoor Academy**  **0191 594 9991** | During COVID-19 school closure  Monday – Friday 9.00am – 3.00pm  Closed **Good Friday** and Easter Monday |
| **Children’s Safeguarding**  **0191 520 5560**  <https://www.togetherforchildren.org.uk/children-and-young-people/are-you-child-need-help> | If you are a child in need of help in Sunderland then there are lots of people you can contact, including us.  In an emergency always call **999** |
| **Childline**  **0800 1111** | If you are a young person with concerns about your own safety (or one of your friends) and don’t want to talk to the police or a social worker you can also call Childline. This is a free 24-hour number offering advice and support. |
| **KOOTH**  **Kooth.com** | Free, safe and anonymous online support for young people.  Mon – Fri 12.00pm-10.00pm  Sat-Sun 6.00pm – 10.00pm |
| **Samaritans**  **08457 90 90 90** | A free source of help for anyone who wants to talk to someone anonymously for support.  3 Grange Crescent, Stockton Road, Sunderland, Tyne and Wear SR2 7BN  [www.samaritans.org](http://www.samaritans.org)  jo@samaritans.org |
| **MIND**  **Sunderland MIND 07984595542**  <https://www.sunderlandmind.co.uk/>  If you feel you need urgent help and we are not available please contact Sunderland Initial Response Team (IRT) on 0303 123 1145  The service is available 24 hours, 7 days a week, throughout the year. | A charity providing mental health and wellbeing support, services and training for local communities.  Sunderland Mind are closed from 24/03/2020 at 3pm.  Staff are busy working from home to provide as much support for our community as possible. If you need to contact us, we are available Monday – Friday between 10am and 2pm. Any messages left will be answered as soon as we can.  **Our current phone number is 07984595542** |