

## Helpful Websites and Numbers

### If you are concerned about a child

If you are concerned that a child is being abused or they may be at risk of harm, you should contact North Lincolnshire's Children's Services on:

01724 296500 (9am to 5pm Monday to Thursday, 9am to 4.30pm Friday)

imap@northlincs.gov.uk

[tel://01724%20296500/]01724 296500 (answerphone – out of office hours and at weekends)

999 – Police emergency

The NSPCC has lots of useful advice there website can be found at <https://www.nspcc.org.uk/>

If your baby or the baby of someone you know is crying and causing distress advice can be sought at <http://iconcope.org/>

Childline offers support to children and young people. Their website has contact details and lots of useful support <https://www.childline.org.uk/>

### Advice if you think an adult is being abused

If you think an adult who is unable to protect themselves is being abused contact,

#### The Safeguarding Adults Team

Hewson House

Station Road

Brigg

North Lincolnshire

DN20 8XB

Telephone: 01724 297000

Email address: [adultprotectionteam@northlincs.gov.uk](mailto:adultprotectionteam@northlincs.gov.uk)

The Ann Craft Trust <https://www.anncrafttrust.org/> has advice on safeguarding young people over 18 particularly those with a learning disability as well as what to do if you suspect a sports coach is being abusive.

## Domestic Abuse

Domestic abuse may affect any intimate relationship within a family setting. This may include the use of excessive control, coercive or threatening behaviour as well as physical abuse such as hitting or slapping someone. You can refer yourself or ask for help for someone else by contacting The Blue Door via their helpline on 0800 197 47 87, at their office on (01724) 841 947 or email [info@thebluedoor.org](mailto:info@thebluedoor.org)

If the risk of harm is high at the present moment ring the police on 999

Refuge, (a charity) have a 24 hour helpline accessed by ringing 0808 2000 247

Men's advice line - 0808 801 0327

The EVERYMAN Project 0207 263 8884 supports men who are violent or concerned about their violence.