

Contact details in event of a concern

In the case of immediate danger dial 999

The Diocesan website gives very comprehensive information on all aspects of Safeguarding. www.chichester.anglican.org/safeguarding

Child Protection

The phone number to call if you are worried about a child in West Sussex is 01403 229900, or 033 022 26664 for out-of-hours calls. E-mail address:- mash@westsussex.gcsx.gov.uk

The website gives more information about how to refer to concerns and what help might be offered. Go to www.westsussex.gov.uk and follow links to Education, Children and Families, then Keeping Children Safe.

Adult Protection

The phone number to call if you are worried about an adult in West Sussex is 01243 642121 (office and out-of-hours).

Go to West Sussex Safeguarding Adults Board (WSSAB) website to find out about the different organisations working to safeguard adults. WSSAB makes sure arrangements are in place to prevent abuse and neglect from happening wherever possible. It also serves to protect adults who may be experiencing abuse or neglect and are unable to protect themselves.

www.westsussexsab.org.uk

Domestic Abuse

[Worth Services](http://www.worthservices.org) is an Independent Domestic (IDVA) Service here to support people affected by domestic abuse in West Sussex. We are available 7 days a week 0900-1700hrs, contactable on 0330 2228181, 01903 205111 ext. 84395, and 07834 968539 at weekends. www.worthservices.org

Sexual Violence Services

[The Saturn Centre](http://www.saturncentre.org) is the Sexual Assault Referral Centre (SARC) for Sussex. They offer free support and practical help for anyone in Sussex who has experienced sexual abuse. Their service is completely confidential, and people do not have to give any personal information in order to get help. The Saturn Centre often refer people on to specialist counselling services, like those listed below. <http://www.saturncentre.org>

[Lifecentre](https://lifecentre.uk.com) support survivors of rape and sexual abuse, and also those who support them. They provide counselling and support, plus a helpline and text service, for both adults and young people. <https://lifecentre.uk.com>

[Mankind Counselling](http://mkcharity.org) deliver specialist support services to men (18+) who have experienced childhood sexual abuse and/or adult sexual assault at any time in their lives. <http://mkcharity.org>

[Survivors Network](http://www.survivorsnetwork.org.uk) is a charity that aims to reduce sexual violence and the impact on survivors' lives. We are a fully accredited member of Rape Crisis England and Wales and are the Rape Crisis Centre for Sussex. We provide a number of services for survivors including the ISVA (Advocacy) service, helpline, drop-in, counselling and group work, please check details on the website for further information about eligibility: <http://www.survivorsnetwork.org.uk>

Mental Health Services

Local

The [Sussex Mental Healthline](https://www.sussexpartnership.nhs.uk/sussex-mental-healthline) is a telephone service offering support and information to anyone experiencing mental health problems including stress, anxiety and depression. <https://www.sussexpartnership.nhs.uk/sussex-mental-healthline>

National

[Mind](https://www.mind.org.uk/) provide advice and support to empower anyone experiencing a mental health problem. The 'Information and Support' section of their website provides a huge amount of information and is a particularly useful resource for those supporting someone experiencing mental health problems. <https://www.mind.org.uk/>

Online Safety

The [Thinkuknow](https://www.thinkuknow.co.uk) website provides a huge amount of information, for both children and adults, across many aspects of online (and offline) child protection. It is highly recommended that churches make both children and parents aware of this site, and use it within their children's and youth work. <https://www.thinkuknow.co.uk>

[Parents Protect](https://www.parentsprotect.co.uk) is a website created by Stop it Now and the Lucy Faithfull Foundation, and aims to prevent child sexual abuse through raising awareness and encouraging early recognition and response. It is highly recommended that churches make parents aware of this site, and encourage them to use it (particularly by creating a 'Family Safety Plan', which the website provides guidance for). <https://www.parentsprotect.co.uk>

[NSPCC Net Aware](https://www.net-aware.org.uk) and [NSPCC Share Aware](https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe) are useful sites for parents to understand more of what their children do online and how to help them stay safe

[https://www.net-aware.org.uk/](https://www.net-aware.org.uk)

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe>

Other Useful Sites

Childline is the most obvious resource and a very important one to make available to children, young people, parents and carers. As well as posters and other resources, please make your young people aware of the 'For Me' smartphone app which gives a huge amount of advice and support to young people. Details of that app can be found on the Childline website. <https://www.childline.org.uk>

[Kidscape](https://www.kidscape.org.uk) is also an important resource that focuses on the issue of bullying. It provides very useful information for young people, parents, carers and those who work with young people. Please promote this alongside Childline to the young people to whom you minister, and to their parents.

[Thinkuknow](https://www.thinkuknow.co.uk) is a website we've already mentioned under the 'Online Safety' section, but you should be aware of it in this section as well as it provides excellent advice and resources for children and young people. Please make them aware of it. <https://www.thinkuknow.co.uk>

Advice for Families

It is important that churches help the families to whom they minister to keep their own children safe. The website that we recommend above all others is [Parents Protect](https://www.parentsprotect.co.uk), which focuses especially on child sexual abuse, and on what parents can do to keep their own children safe. It is an excellent website that churches should make the parents to whom they minister aware of. <https://www.parentsprotect.co.uk>