

Useful Safeguarding Telephone Numbers

| Service | Telephone Number |
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| National Domestic Violence free phone 24hr helpline | 08082 000247 |
| Ipswich - Lighthouse Women's Aid 24hr Hotline | 01473 745111 |
| Waveney - Haven Women's Aid Project | 08454 674876 |
| Bury St Edmunds Women's Refuge | 01284 753085 |
| The Ferns - sexual assault referral centre. One stop location offering medical care and emotional support to any victim of sexual assault and rape | 0300 1235058 |
| Suffolk Rape Crisis (Women and girls only) helpline | 08000 850520 |
| Domestic Abuse Outreach Service – crisis and intensive support, advice and information - Freephone | 0800 9775690 |
| Men's Advice Line | 0808 8010327 |
| Broken Rainbow LGBT helpline | 0300 9995428 |
| Karma Nirvana - 'Honour' Based Violence, Forced Marriage, Female Genital Mutilation (FGM) | 0800 5999247 |
| NSPCC - New Free FGM 24hr advice and support | 0800 0283550 |
| Victim Support | 0845 3899548 |
| Samaritans | 0845 7909090 |
| Rights of Women - Free Legal Advice Line | 0207 2516577 |
| Childline 24-hour service for children | 0800 1111 |
| Suffolk County Council – Customer First county-wide free phone | 0808 8004005 |

In an emergency phone the Police (101) or if worried about a child/young person Customer First (0808 800 4005)