

Safeguarding External Contacts

What to do if you have a concern

1. If a child or vulnerable adult is at immediate risk of being harmed, please phone the **Police on 999**.
2. Telephone number for **Childline: 0800 1111**
3. The Diocesan Safeguarding website can help – use these links or see below...
<https://safeguarding.chichester.anglican.org/about/>
<https://safeguarding.chichester.anglican.org/whatdoidoif/>
<https://safeguarding.chichester.anglican.org/links/>

Child Protection:

The phone number to call **if you are worried about a child in East Sussex** is 01323 464222, or 01273 335906 or 01273 335905 for out-of-hours calls.
<https://www.eastsussex.gov.uk/childrenandfamilies/worried-about-a-child/>

Adult Protection:

The phone number to call if you are worried about an adult in East Sussex is 0345 60 80 191 (8am to 8pm).
<https://www.eastsussex.gov.uk/socialcare/worried/report/>

Domestic Violence:

Rise offer practical solutions, shelter and support to people affected by domestic abuse in Brighton, Hove, and elsewhere in Sussex.
01273 622 828
<https://www.riseuk.org.uk/>

The Portal helps find advice and support to people affected by domestic or sexual abuse in Brighton and East Sussex. Tel. 0300 323 9985
<http://theportal.org.uk/>

Sexual Violence:

The Saturn Centre 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 you don't 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.
<https://www.saturncentre.org/>

Lifecentre 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 deliver specialist support services to men (18+) who have experienced childhood sexual abuse and/or adult sexual assault at any time in their lives.

<https://www.mkcharity.org/>

Counselling Plus offer confidential counselling to people aged 16 and over in East Sussex, and provide specialist counselling for people who have raped or sexual abused.

<https://www.counsellingplus.org/>

Eastbourne Survivors Group is a self-help and support group open to men and women (over 16 years) and their partners, who are suffering from the consequences of sexual abuse.

<http://eastbournesurvivors.org/eastbournesurvivors.html>

Survivors Network 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.

www.survivorsnetwork.org.uk

Mental Health:

The 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>

Mind 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/>