

J9 Support Services



If you become concerned about an imminent threat to life or risk of imminent and significant harm to someone's life, always contact the Police on 999.

COMPASS



Respect



COMPASS provides an initial point of contact that enables callers to speak with a trained member of staff who will complete an assessment and ensure contact is made with the most appropriate support service across Southend, Essex and Thurrock **call 0330 333 7 444 or complete their online contact form.**

Whatever you're going through, call the **Samaritans** any time, from any phone. This number is free to call from both landlines and mobiles, including pay-as-you-go mobiles. You do not need to have any credit or call allowance on your plan to **call 116 123.**

We know it can be a really difficult decision to speak out. **Crimestoppers** takes information about crime 100% anonymously. Reports of domestic abuse can be completed online or calling **Freephone 0800 555 111.**

The freephone, **24-hour National Domestic Abuse Helpline** provides information on how to access support, rights and options available for female victims of domestic abuse. You can reach their Helpline team by calling **Freephone 0808 2000 247.**

Respect is a national organisation focussed on increasing the safety of men experiencing domestic abuse (and the safety of any children) by providing confidential support calling **Freephone 0808 8010 327.**

ManKind is a national charity that provides help and support for male victims of domestic abuse and domestic violence. Their confidential helpline is available for all men across the UK suffering from domestic violence or domestic abuse by their current or former wife or partner (including same-sex partner) calling **Freephone 0808 800 1170.**

Abuse can happen at any time of the day or night. And when it does, it's vital that children have someone they can talk to – no matter the hour:

Help for adults concerned about a child call 0808 800 5000

Help for children and young people call Childline on 0800 1111

For non-emergency health or mental health concerns contact **NHS 111** (Option 2 for Mental Health). For emergency health or mental health concerns, go straight to A&E or dial **999 for urgent support.**

Report a concern about an adult if you are worried about their safety or wellbeing, suspect neglect, abuse or would like to report an incident. If you believe someone is in immediate danger, always dial 999.

- **Textphone: 0345 758 5592 or Telephone: 0345 603 7630**
- **Out of hours telephone: 0345 606 1212**
- **Email: socialcaredirect@essex.gov.uk**

If you are worried about a child or young person or maybe you're worried about something that's happened to you, a friend or someone you know. You don't have to leave your name if you don't want to. If you believe someone is in immediate danger, always dial 999.

- **Call the Children and Families Hub on 0345 603 7627**
- **Out of hours or bank holidays: 0345 606 1212**
- **Access 'Request for Support' form via www.essex.gov.uk**