



ARCHDIOCESE *of*  
**SOUTHWARK**


## SUPPORT & SAFEGUARDING SERVICES

Help • Protection • Care for All

### SAFEGUARDING & PROTECION


If you are worried about abuse, neglect, or someone's safety:

◆ NSPCC (Safeguarding Children)

 0808 800 5000

 [www.nspcc.org.uk](http://www.nspcc.org.uk)

◆ NAPAC (Adult Survivors of Abuse)

 0808 801 0331


◆ Safe Spaces-  **Call 0300 303 1056**



### SUPPORT FOR OLDER PEOPLE


You are valued and not alone:


◆ Age UK

 0800 678 1602

 [www.ageuk.org.uk](http://www.ageuk.org.uk)

◆ The Silver Line (Older People Helpline)

 0800 470 8090


 Friendship, advice, and practical support for later life



### DOMESTIC ABUSE SUPPORT

Confidential help is available 24/7:

◆ National Domestic Abuse Helpline (Refuge)


 0808 2000 247

 [www.nationaldahelpline.org.uk](http://www.nationaldahelpline.org.uk)

◆ Women's Aid

 [www.womensaid.org.uk](http://www.womensaid.org.uk)

◆ Men's Advice Line

 0808 801 0327

Safe in Faith signposting toolkit

<https://caritaswestminster.org.uk/wp-content/uploads/2025/11/Signposting-Toolkit-nov-25.pdf>




You are not alone. Support is free and confidential.


## MENTAL HEALTH & WELLBEING

Talk to someone – support is always available:


◆ Samaritans

 116 123 (24/7 free helpline)


◆ Shout (Text Support Service)


 Text SHOUT to 85258 (24/7)

◆ Mind (Mental Health Charity)

 0300 102 1234

◆ SANEline

 0300 304 7000


 “You don’t have to face things alone.”

**Parish Safeguarding Representative (PSR’s) details;**

**Lorna – 07847 377234**

**Gessica – 07817 630564**

### **NEED HELP NOW?**

- Speak to a trusted person
- Contact one of the services above
- In crisis:  **Emergency: Call 999** or go to A&E

### **ARCHDIOCESE of SOUTHWARK MESSAGE**

“Be kind and compassionate to one another.” – Ephesians 4:32

**We are committed to safeguarding, dignity, and care for every person.**



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