

# SOSRC

## SUPPORT AND INFORMATION NUMBERS YOU CAN RING:

### SHOUT

Text **85258** for free emotional support - open 24/7

### CHILDLINE

Call for free support - **08001111** - open 24/7

Use their online chat by visiting **[childline.org.uk/get-support](https://childline.org.uk/get-support)**

### HOPELINE247

If you are having thoughts about suicide, call **0800 064 4141** for free - open 24/7

### NHS Mental Health Service

If you need urgent help for your mental health call **111**.

This is free and open 24/7

**If you are in danger or need urgent medical attention - call 999**



If you would to know how we keep your information and what we do with it please visit our website at:

**[SOSRC.ORG.UK/PRIVACY-POLICY](https://www.sosrc.org.uk/privacy-policy)**

You, or an adult you trust, can ring the office on **01702 667590** and request more information.

SOSRC recognises that there may be times when our staff, trustees or third parties working on our behalf make mistakes or get things wrong. If you would like to discuss any concerns or complaints you can find information and our policy online:

**[SOSRC.ORG.UK/RESOURCES](https://www.sosrc.org.uk/resources)**

You, or an adult you trust, can ring the office on 01702 667590 and request more information.