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## Where can I get help or advice?

#### Worried about the safety of a child?

MARU Multi Agency Referral Unit – Website: www.supportincornwall.org.uk Tel: 0300 1231 116

### Early intervention support?

Early Help Hub – Website: <a href="www.cornwall.gov.uk/earlyhelp">www.cornwall.gov.uk/earlyhelp</a> Tel: 01872 322277

#### **Domestic Abuse?**

Refuge – <u>www.nationaldahelpline.org.uk</u> Tel: 0808 2000 247 Womens Aid – <u>www.womensaid.org.uk</u> Victim Support – <u>www.victimsupport.org.uk/crime-info/types-crime-domesticabuse</u> Tel 0808 16 89 111

#### **Mental Health?**

CAMHS Child and Adolescent Mental Health – <a href="https://www.cornwallft.nhs.uk/camhs">www.cornwallft.nhs.uk/camhs</a> Tel: 01736 571070

CALM Campaign against Living Miserably – <a href="https://www.thecalmzone.net">www.thecalmzone.net</a> Tel 0800 585858

YoungMinds – <a href="https://www.youngminds.org.uk">www.youngminds.org.uk</a> Tel: 0808 802 5544

Heads Up Young People Cornwall – <a href="https://www.youngpeoplecornwall.org">www.youngpeoplecornwall.org</a> Tel 01872 222447

#### **Bereavement?**

Penhaligons Friends – www.penhaligonsfriends.org.uk Tel: 01209 210624

### **Drugs?**

Frank - www.talktofrank.com Tel: 0300 123 6600

# **Online Safety**

NSPCC - <u>www.nspcc.org.uk/keeping-children-safe/online-safety</u>

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