

Resources for SAS Shows:

You can contact Sikh Awareness Society for all the below – please see contact page.
You can also research www.nhs.uk website for information as well.

Domestic Violence:

- If in Danger call 999: Silent Solution – Stay quiet, and will go to 999 police automatically, then operator will ask if you stay silent ‘if you are in danger’ dial 55 and the police can reach you.
- Refuge: National Domestic Violence Helpline: 0808 2000 247 – 24 hour Helpline
- Online: <https://www.nationaldahelpline.org.uk>
- How can Refuge charity help you: <https://www.nationaldahelpline.org.uk/Your-rights-and-options>
- Direct online chat: Monday to Friday 3pm to 6pm as may be difficult to speak on the phone

Child Online Abuse:

- **POLICE: 999**
- You can report incidences online to the police at: <https://www.ceop.police.uk/>
Type CEOP: Child Exploitation and Online Protection command
- **NSPCC:** Call on 0808 800 5000, email help@nspcc.org.uk or fill in their online form to report abuse: <https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/report/report-abuse-online>
- **Childline:** Call: 0800 1111 opened from 9am to midnight. But they do have overnight resources online. For more information search: <https://www.childline.org.uk>
- Parental Guardian Mobile phone Apps: NSPCC website is great for all information regarding this:
 - <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>
 - <https://www.saferinternet.org.uk/advice-centre/parents-and-carers>
 - O2 have teamed with NSPCC creating a Advice Line on **0808 800 5002** with O2 if you need any support.

What if someone has thoughts of sexual abuse of children – how can they get help?

Charity called ‘Stop it Now’: **Confidential Helpline: 0808 1000 900**

The Stop It Now! helpline is open:

Mondays – Thursdays: 9am – 9pm

Fridays: 9am – 5pm

Visit website: <https://www.stopitnow.org.uk>

Self-Harm:

- **Emergency Situation:** Seeking immediate help for an injury or overdose. Some physical injuries may need to be treated at an emergency department or injury unit and you may need to call 999. If it is not an emergency but you need medical assistance please call your GP/111.
- <https://www.nhs.uk/conditions/self-harm/> - advice as below:
- Speak to your GP if:
 - you're harming yourself
 - you're having thoughts about harming yourself
 - you're worried about minor injuries, such as small cuts or burns – without treatment there is a risk of infection
 - Some people who self-harm are at a higher risk of suicide. It's important to get support or treatment as soon as possible to help with the underlying cause and prevent suicidal thoughts developing.

- These services offer confidential advice from trained volunteers. You can talk about anything that's troubling you, no matter how difficult:
 - Call 116 123 to talk to Samaritans, or email: jo@samaritans.org for a reply within 24 hours
 - Text "SHOUT" to 85258 to contact the Shout Crisis Text Line, or text "YM" if you're under 19
 - If you're under 19, you can also call 0800 1111 to talk to Childline. The number will not appear on your phone bill.
 - If you prefer a webchat, these services are available at certain times:
 - For Women and girls: Self Injury Support webchat: <https://www.selfinjurysupport.org.uk> is open Tuesday, Wednesday and Thursday from 7pm to 9.30pm
 - CASS Women's Self Injury Helpline (<https://www.cpslmind.org.uk>) Open Monday to Friday 7pm to 10pm on 0808 800 8088. The service is also available on Thursday afternoons from 3pm to 6pm.
 - For Men: CALM webchat: <https://www.thecalmzone.net> is open from 5pm to midnight every day
- These organisations offer information and support for anyone who self-harms or thinks about self-harm, or their friends and family:
 - Mind (<https://www.mind.org.uk>) call 0300 123 3393 or text 86463 (9am to 6pm on weekdays)
 - Harmless (<http://www.harmless.org.uk>) – email info@harmless.org.uk
 - Self-injury Support (for women and girls) <https://www.selfinjurysupport.org.uk>: Self Injury Helpline - 0808 800 8088 - Open Tuesday, Wednesday and Thursday, 7pm – 9.30pm.
 - CASS Women's Self Injury Helpline (<https://www.cpslmind.org.uk>) Open Monday to Friday 7pm to 10pm on 0808 800 8088. The service is also available on Thursday afternoons from 3pm to 6pm.
 - CALM (for men): <https://www.thecalmzone.net/help/get-help/self-harm/>
 - YoungMinds Parents Helpline (<https://youngminds.org.uk/find-help/for-parents/parents-helpline/>) – call 0808 802 5544 (9.30am to 4pm on weekdays)
 - National Self Harm Network forums (<http://www.nshn.co.uk>)
 - If you struggle with suicidal thoughts or are supporting someone else, the Staying Safe website (<https://stayingsafe.net>) provides information on how to make a safety plan. It includes video tutorials and online templates to guide you through the process.
 - You could also download the free distrACT app (<https://www.nhs.uk/apps-library/distract/>) This gives you easy, quick and discreet access to information and advice about self-harm and suicidal thoughts.

Suicide: From NHS website (<https://www.nhs.uk/conditions/suicide/>)

- Emergency: If you have seriously harmed yourself – for example, by taking a drug overdose – call 999 for an ambulance or go straight to A&E or ask someone else to call 999 or take you to A&E.
- Who else you can talk to:
 - call a GP – ask for an emergency appointment
 - call 111 out of hours – they will help you find the support and help you need
 - contact your mental health crisis team – if you have one
- You do not have to struggle with difficult feelings alone. Phone a helpline. These free helplines are there to help when you're feeling down or desperate. Unless it says otherwise, they're open 24 hours a day, every day.
 - [Samaritans](https://www.samaritans.org) (<https://www.samaritans.org>) – for everyone, Call 116 123, Email jo@samaritans.org
 - [Campaign Against Living Miserably \(CALM\)](https://www.thecalmzone.net) (<https://www.thecalmzone.net>) – for men. Call 0800 58 58 58 – 5pm to midnight every day. Visit the [webchat page](#)
 - [Papyrus](https://www.papyrus-uk.org/hopelineuk/) (<https://www.papyrus-uk.org/hopelineuk/>) – for people under 35. Call 0800 068 41 41 – 9am to midnight every day
Text 07860 039967. Email pat@papyrus-uk.org

- [Childline \(https://www.childline.org.uk\)](https://www.childline.org.uk) – for children and young people under 19
Call 0800 1111 – the number will not show up on your phone bill
- **Making a safety plan**
 - If you struggle with suicidal thoughts or are supporting someone else, it may help to make a safety plan to use if you need it:
 - the [Staying Safe website \(https://stayingsafe.net\)](https://stayingsafe.net) provides information on how to make a safety plan, including video tutorials and online templates to guide you through the process
 - The mental health charity Mind also provides information on [planning for a mental health crisis \(https://www.mind.org.uk/information-support/guides-to-support-and-services/crisis-services/planning-for-a-crisis/\)](https://www.mind.org.uk/information-support/guides-to-support-and-services/crisis-services/planning-for-a-crisis/).
 - You could also download the free distrACT app (<https://www.nhs.uk/apps-library/distract/>)
This gives you easy, quick and discreet access to information and advice about self-harm and suicidal thoughts.
- **Talk to someone you trust**
 - Let family or friends know what's going on for you. They may be able to offer support and help keep you safe.
 - There's no right or wrong way to talk about suicidal feelings – starting the conversation is what's important.