**If your enquiry is urgent, please see the links below for the appropriate support:**

**Childline** - **0800 1111** - Information and advice to guide and support you about anything that is on your mind.  
  
**Child Exploitation and Online Protection** - [https://www.ceop.police.uk/Safety-Centre/](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.ceop.police.uk%2FSafety-Centre%2F&data=05%7C01%7CSarah-Dee.Tucker%40strobertscps.bridgend.cymru%7C4fb9b90efd6e466e1dd608dbc0d7dceb%7C4f3f0e52b734416494091b601d147993%7C0%7C0%7C638315805569842990%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=q8FaZD3vGFjYJQo1mo%2Bf07oTKHg6OEYxblFrQ3BU4%2Fo%3D&reserved=0) Protection advice if worried about online abuse or want to report.

**ChatHealth - 07520 615718** - Text service to the School Nurse Service.

**Early Help** - Offers services to support children, young adults and their families. 01656 815420 or email  [earlyhelp@bridgend.gov.uk](mailto:earlyhelp@bridgend.gov.uk)  
  
**MASH (Multi Agency Safeguarding Hub) -**A single point of contact for all safeguarding concerns about vulnerable children: on 01656 642320, adults on 01656 642477 or email [mashcentra@bridgend.gov.uk](mailto:mashcentra@bridgend.gov.uk)

**NSPCC - 0808 800 5000** - Supports and protects children and helps prevent any type of abuse.

**Police.uk - 999 for emergencies or 101 for non-emergencies** - Use to report an emergency or to seek advice/services for those affected by crime.  
  
**Samaritans - Call 116123** for free or email [jo@samaritans.org](mailto:jo@samaritans.org)  Support for whatever you are going through.

**Young Minds - Text YM to 85258** or visit [youngminds.org.uk](https://eur02.safelinks.protection.outlook.com/?url=http%3A%2F%2Fyoungminds.org.uk%2F&data=05%7C01%7CSarah-Dee.Tucker%40strobertscps.bridgend.cymru%7C4fb9b90efd6e466e1dd608dbc0d7dceb%7C4f3f0e52b734416494091b601d147993%7C0%7C0%7C638315805569842990%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=963OACDg8m5vRWdTY349dgQrnDTi4ti8sJ4smnNRg%2FI%3D&reserved=0)  Free 24/7 text support for young people experiencing mental health/wellbeing issues.