External Safeguarding Support

If you have any concerns, please see the signposting here:

Children's Services (Social Care) If you think a child you know is being harmed or at risk of being harmed, please contact the Integrated Front Door (IFD) who you can talk to about your concerns. They will give you advice or may investigate the circumstances. All child protection calls are treated in confidence and you don't need to give your details.	Integrated Front Door (IFD): 0300 300 8585 (daytime) or 0300 300 8123 Emergency out of hours: Email: IFD@centralbedfordshire.gov.uk Website: https://safeguardingbedfordshire.org.uk/
Single Point of Access – The 0-19 service is operating an essential service offering support with emotional wellbeing.	0300 555 0606 (Monday – Friday 9am – 4.30pm, except bank holidays).
Chathealth – School Nurse text support service	Text 07507331450 to speak with a school nurse for any emotional support or health advice (Monday – Friday 9am – 4.30pm, except bank holidays).
Parentline – Health Visitor text support service	Text 07507 331456 to speak to a Health Visitor (Monday – Friday 9am – 4.30pm, except bank holidays).
NSPCC	0800 800 5000 https://www.nspcc.org.uk
Childline	0800 1111 (provides night chat service) https://www.childline.org.uk/
Samaritans	08457 90 90 90 https://www.samaritans.org/
Kooth mental health/well being online counselling for young people	https://www.kooth.com/
CHUMS-Mental Health and Emotional wellbeing for children and young people-offers therapeutic support for children and young people with a variety of mental health and wellbeing needs.	01525 863924 http://chums.uk.com Email: info@chums.uk.com
CAMH-Provides outpatient assessments, support and treatment for children and young people up to the age of 18 experiencing moderate to severe mental health problems.	Central Bedfordshire CAMHS (South) 01582 707635 (available Monday to Friday, 9am to 5pm)
MIND	https://www.mind.org.uk/information-support/guides-to-support-and-services/seeking-help-for-a-mental-health-problem/where-to-start/
Parenting and family support	https://www.familylives.org.uk
Internet and online safety	https://www.getsafeonline.org/safeguardingchildren/ NSPCC https://www.nspcc.org.uk/keeping-children-safe/online-safety/ https://www.thinkuknow.co.uk/parents/

Support for domestic violence	https://bedsdv.org.uk/ Email: BDAP@centralbedfordshire.gov.uk https://www.womensaid.org.uk www.facebook.com/bedsdv
Support for Domestic Abuse National 24h Domestic Abuse Helpline Men's Advice Line LGBTQ+ DV Helpline Honour Based Abuse Helpline National Stalking Helpline Respect phone line Revenge Porn Helpline Victim Support Line 24hr Domestic Abuse Support Service Directory (Pan Beds) Police non-emergency	 0808 2000 247 (live chat available) 0808 801 0327 (web chat available) 0300 999 5428 0800 5999 247 0808 802 0300 0808 802 4040 (for those who want to change their behaviour) 0345 6000 459 0808 1689111 (offers live chat service) 0808 2000 247 101 (if you don't want to talk, you can report online at Bedfordshire Police)

You can also refer to our 'Child Protection & Safeguarding Policy' for useful information and guidance. Click here: https://www.pulfordschool.org/school-info/provisions-and-policies/