

What to do if you're worried

about a child or adult

in your community

We understand many people could be struggling, feeling isolated or need extra support during these difficult times, so we're here to support and provide information and advice.

How can you help?

If you have concerns around the welfare of a child or young person in your community please don't hesitate to share your worries. You can talk confidentially to a member of our team on:

➔ **Front Door** (Powys Children's Services and Early Help Service): **01597 827 666**

If you are looking for information and advice for adult services, you can contact a member of our team on:

📍 **ASSIST** (Powys Adult Care and Support): **0345 602 7050**

Out of hours numbers: 01597 825275 / 0845 0544847

If you're a parent struggling in these really difficult times and feel you need some additional support, you can **call our Early Help service directly on 01597 827 666**.

If you're worried that a friend, family member or neighbour could be experiencing domestic abuse during these difficult times then we're here to help.

If you are living in a situation where you do not feel safe, we, and other organisations are here to help...

HELPLINES:

➔ Calan Domestic Abuse Service, South Powys:
01874 625 146 / www.calandvs.org.uk

➔ Montgomery Family Crisis Centre (MFCC) North Powys:
01686 629 114 / www.familycrisis.co.uk

➔ The National Domestic Abuse Helpline:
0808 2000 247 / www.nationaldahelpline.org.uk

➔ Live Fear Free: **0808 8010 800**

or for a more discreet option, text **0786 00 77 333 / www.gov.wales/live-fear-free**



If you, or someone you know is in immediate danger, you should dial 999.

What if a child, young person or adult tells me that they're being abused?

- ➔ Show that you are listening and that you are taking the matter seriously
- ➔ Write down what you have heard using the exact words where possible
- ➔ Explain that you will need to share what you have been told with someone who knows about protecting children, young people and adults
- ➔ Call ASSIST or Front Door on the numbers above and tell them what you know

What should I do if I am worried about someone's behavior towards a child, young person or adult?

- ➔ Don't dismiss your concerns or leave it to someone else to take action
- ➔ Call ASSIST or Front Door on the numbers above and tell them what you know

If you have concerns outside of office hours, contact 01597 825275 / 0845 0544847

