

Help and advice

Here are some useful phone numbers and websites:



Police - 101

Crimestoppers - 0800 555 111

NSPCC Childline - 0800 1111

National Runaways Helpline - 116 000

Safe in the City: Support for young people who are at risk of or have gone missing from home - 0800 389 9344

Barnardos 'Cut them Free': Sexual exploitation campaign - 020 8551 0011

Manchester City Council Children's Services: Contact centre - 0161 225 8250

Eclipse: Young person's drug and alcohol service - 0161 273 6686

Brook: Advice on sexual health and contraception - 0161 237 3001

42nd Street: Support for young people under stress - 0161 832 0170

8 til Late: Mentoring project - 0161 226 3871

The Men's Room:

Working Creatively with Men
www.mroom.co.uk 07582 243 701

YPSF City Centre Project:

Homelessness advice and drop-in - 0161 228 7654

Palatine contraception and sexual health service:

Drop in contraception and sexual health clinics across Manchester and Trafford. 0161 701 155
www.fresh4manchester.com

Protect Team:

0161 856 1933

www.makeunawayssafe.org.uk

The Children's Society's campaign for a safety net for young people who run away

www.nspcc.org.uk

www.barnardos.org.uk

www.thinkuknow.co.uk and

www.ceop.police.uk

Protect yourself online



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