






Safeguarding and other help contacts

Do you need help? Want to talk to someone?

Waltham Forest Adult Protection Unit 	07708 509 674
Waltham Forest Children Referral & Assessment Team	For children (18 years and younger) 020 8496 2310 (after 5pm, call 020 8496 3000)
Waltham Forest Children in Care	020 8496 2117 (after 5pm, call 020 8496 3000)
Carers Association (Waltham Forest)	020 8556 0857 General enquiries, 24-hour answerphone Email: info@walthamforestcarers.com
RNIB (Royal National Institute for the Blind) 	020 7388 1266 or 0303 123 9999
Action on Hearing Loss 	General enquiries: 0808 808 0123 Text phone: 0808 808 9000
Waltham Forest Supported Housing (Disabilities)	020 8496 4197
Waltham Forest Domestic Violence Coordinator	020 8496 3000
Elder Abuse Response Line 	080 8808 8141 Monday–Friday 10am–4.30pm
Domestic Violence	0800 2000 247
Honour-based Violence	020 8496 6839
Human Trafficking	020 3773 2040
Exploitation by Radicalisers	020 8496 3000 or 020 8496 4770
Mental Health Foundation 	020 7803 1110 Out of hours: 07702 873 939 Website: www.mentalhealth.org.uk/contact
Together	0300 123 3393
Talking Therapies	0300 300 1554 Job worries, relationship problems or losing someone.
Waltham Forest Dyslexia Association	07713 165 017 Helpline

Local area co-ordinators	<ul style="list-style-type: none"> • Cathall – Barbara Nyamah Local.AreaCoordination@walthamforest.gov.uk 07580722631 • Grove Green – to be confirmed Local.AreaCoordination@walthamforest.gov.uk • Wood Street – Leeana Williams Leeana.Williams@walthamforest.gov.uk 07811417320 • Larkswood – Alison Gordon Alison.Gordon@walthamforest.gov.uk 07790 362715 • Endlebury – Donna Clarke Donna.Clarke@walthamforest.gov.uk 07875341922 • Team email: Local.AreaCoordination@walthamforest.gov.uk
Samaritans 	If you would like to talk to someone about how you are feeling, please call the free number: 116 123 Email: jo@samaritans.org
Ashiana Network: 	If you suffer domestic abuse at home, or would like to help someone escaping from violence: Phone 0208 539 0427 (Monday–Friday 9:30am–12pm and 1–5pm) In an emergency, please contact: National Domestic Violence Helpline: 0808 2000 247 (24 hours' free phone) or the Forced Marriage Unit: 0207 008 0151
Citizens Advice Walthamstow 	0300 330 1175 Please call this number if you have any concerns about money, work or housing.
Modern Slavery Helpline 	08000 121 700 If you need help, or think someone may be a victim of slavery or exploitation, call the confidential UK modern slavery helpline 24 hours a day, 365 days a year.
Mind (Mental Health Issues & Depression Alliance) 	0300 123 3393 Email: info@mind.org
Forced Marriage Unit	020 7008 0151 / 020 8496 6839 Out of hours: 0207 008 1500 (ask for the Global Response Centre)