**What to do if you're worried a child is being abused or neglected**

If a child is in immediate danger, call the police on 999 straight away.

If you think a child or young person is at risk of significant harm, or is injured, contact the Wiltshire Council MASH (Multi Agency Safeguarding Hub) Integrated Front Door (IFD) on 0300 4560108, 8.45am-5pm, Monday-Thursday and 8.45am-4pm Friday; Out of Hours 0300 456 0100.

If you think a child might be being abused but they haven't said anything to you, there are things you can do which can help.

* **Talk to the child**  
  Most children who're being abused find it very difficult to talk about. Or might not have somebody in their life they trust. Keep talking to them to help build a positive, trusting relationship. They may come to you when they're ready to talk.
* **Keep a diary**  
  Keeping note of your concerns and how the child is behaving can help you spot patterns of behaviour and keep track of what's been happening.
* **Talk to their teacher or health visitor**  
  They may have spotted signs or noticed they're acting differently.
* **Speak to other people**  
  Talking about your worries with someone you trust will help you get someone else's perspective. Sharing your concerns may help you feel more confident about taking the next steps.
* **Talk to the NSPCC**  
  NSPCC helpline counsellors are there to listen to your concerns and offer support and advice. You can contact them anonymously if it makes you feel more comfortable. Call 0808 800 5000
* Children can call **Childline** any time on 0800 1111 or download the 'For Me' app.

Other helplines –

* Help for Adult Victims of Child Abuse (HAVOCA) offers online support
* Mind can be called on 0300 123 3393 or emailed at info@mind.org.uk
* National Association for People Abused in Childhood (NAPAC) can be called on 0808 801 0331
* Rape Crisis can be called on 0808 802 9999
* Samaritans can be called on 116 123 or emailed at jo@samaritans.org
* The Survivors Trust can be called on 08088 010 818
* Victim Support can be called on 0808 16 89 111
* The National Male Survivor Helpline can be called on 0808 800 5005 or emailed at support@safeline.org.uk