



What to do if you feel that you are in Crisis Oldham

Should you feel that you are unable to keep yourself safe or a Parent, Carer or Friend is unable to support you in keeping safe, please do not hesitate to contact the following.

- **Your Doctor/GP** – call the surgery or go there in person.
- **Accident and Emergency Department, The Royal Oldham Hospital** – Either telephone 0161 624 0420 or attend in person. The Department is open 24 hours a day, 7 days a week.
- **Emergency Social Services Duty Team** – After 5pm, or at weekends 0161 770 6936. Contact in the event of a child/adult protection concern or concern regarding a vulnerable person.
- **Multi-Agency Safeguarding Hub (MASH)** – 8.40am until 5.00pm 0161 770 7777 and ask to speak to the Duty Officer. This number is for both Children and Adult's. Or, you can email child.mash@oldham.gov.uk or adult.mash@oldham.gov.uk. Contact to protect Children, Young People or Adults from harm, abuse and neglect
- **The Samaritan's** – 116 123 open 24 hours a day, 7 days a week. The Samaritan's offer a safe place for you to talk anytime you like, in your own way, about whatever is getting to you.
- **ChildLine** – Free to phone 0800 1111 (24 hours) or on line www.childline.org.uk. Childline help anyone under 19 with any issue they are going through, big or small.
- **NSPCC** – 0808 800 5000 open 24 hours a day, 7 days a week. The NSPCC work to protect Children and Young People and prevent abuse.

It is important that you speak with someone – a Parent, Carer, Teacher, Friend or one of the above.