MacIntyre
Providing support...your way

Who can help?

Safe Guarding



If you have a safeguarding problem there are lots of people you can ask for help



You can tell someone you trust that you need help such as:

- Family
- Friends
- Your GP
- MacIntyre Staff



You can find out how to contact MacIntyre at this website:

Click here - Contact MacIntyre



If you are in danger and need help immediately call the Police on 999.

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You can call the NHS with the number 111 to ask for help

The NHS has an Easy Read about 111 which you can find at this website

Click here - About 111



You can also call Samaritans for help with the number 116 123

Click here - The Samaritans



You can text Shout and message someone for help by texting the word SHOUT to the number 85258

Click here - SHOUT



You can find out how to contact a GP at this website:

Click here - Find a GP

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This document was:

- Checked and signed by MacIntyre Advisors
- Made with photosymbols

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