**helping**

**Where to get help**

**each other**

Project website: [**www.arcuk.org.uk/blog/**](http://www.arcuk.org.uk/blog/) **helping-each-other/**

**If you think you, or someone you know is being sexually exploited.**

**You can call...**

**The Police 999**

(If someone is in danger right now)

**The Police 101**

(If someone is not in immediate danger)

**Childline 0800 11 11**

**Safeguarding Children: 01752 308600**

**Safeguarding Adults: 01752 668000**

**Plymouth People First: 01752 773333**



