

## Dumfries and Galloway Specific Links

If you feel worried or unsafe, here are some people you can speak to:

Childline – 0800 1111 [online chat to ChildLine options](#)

Cool2Talk website where **young people aged 12 years** and over can post questions relating to sexual health/sexuality and receive an answer within 24hours.

<http://www.cool2talk.org/>

The Samaritans call 116 123 (this is free – you do not need any credit in your phone. Website: [The Samaritans](#)

Police 101 or in an emergency 999

Social Work 030 33 33 3000

If you have your own social worker, make sure that you know how to contact them. If you don't know, your named person will help you find out.