

Information for children and young people

How you can get help?

Children and young people have a right to be kept safe and looked after properly.

It's everyone's job to make this happens.

Adults may worry about a child or young person if they think you are being harmed in any way at all. Examples of harm would be if:

- someone hit, kicked, punched, burned or scalded you;
- someone spoke to you inappropriately in a sexual way (face to face, on a mobile phone or computer);
- someone kissed or touched you in a way that makes you feel uncomfortable;
- someone constantly criticised or ignored you, or made you feel frightened or unhappy a lot of the time; or
- you are living in the same house as another person who has hurt a child in the past, or you see a lot of that person.

Adults may also worry if:

- You are not being properly fed, clothed or kept clean;
- You are being left on your own or are asked to look after younger children; or
- Your health is not being looked after properly and you are not being taken to a doctor, dentist or hospital when you should.

If you are worried about your own or another persons safety or well being you can get help by contacting one of the following numbers:

Angus Area

Angus Council Social Work Department

Monday to Friday 8.45 to 5 p.m.

ACCESS Line

Tel: 08452 777 778

Out of Hours Service -

Tel: 01382 432270

5 p.m. – 8.45 a.m. weekdays and 5 p.m. – 8.45 a.m. weekends and public holidays.

Tayside Police

Arbroath -

Tel: 01241 872222

Forfar -

Tel: 01307 302200

Dundee -

Tel: 01382 223200

Scottish Children's Reporter Administration -

Tel: 01241 873194