



If you have a concern or a problem,
here are some of the people you can seek help from



Decide who you would feel most comfortable talking to and go and find them or contact them in another way. If the person cannot help you, they will try to help you think about who can.

Please be aware that no member of staff can offer you confidentiality if they feel it is in your best interest to pass important information on to people who are trained to help.

Information is only shared on a 'need to know basis'