



Diocese of
Hereford

A SAFER CHURCH



We look
out for
each other



We listen
and take you
seriously



We care
about your
wellbeing



We will help
you find the
right support

It's OK to
speak up.
You will be
heard.

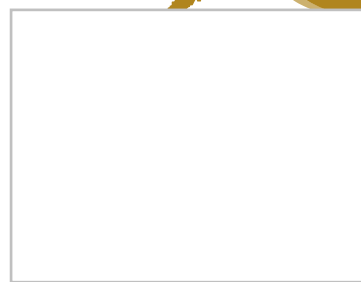
PEOPLE YOU CAN TALK TO

Name: _____

Contact: _____

Name: _____

Contact: _____



999

In an emergency
or if you
are in danger
always call 999

childline
0800 1111

Whatever your worry,
Childline is here for
you. Call, chat online
or email 24/7.
childline.org.uk

TALK. WE WILL LISTEN.
TOGETHER WE ARE **SAFER.**

Contact the
Diocese
Safeguarding
Team

