

# Why are we worried about you?

- Being on the streets or in an unsafe place is dangerous you might be forced to have sex against your will or made to take part in criminal activity
- You might be asked to be part of a gang and be offered affection, money, drugs, alcohol, gifts or a place to stay
- You may do things that can put you in danger while away from home, like stealing, drug dealing or begging to survive
- You might end up sleeping rough or staying with someone you do not know
- You might get hurt or harmed while you are away
- You might not have anyone to talk to and feel lonely



# Where can you go for help?

## NSPCC Childline

**t** 0800 1111

## Missing People 24 hour helpline

**t** 116 000

## Samartians

**t** 08457 909 090 (phone)

**t** 07725 909 090 (text)

## Children's Services

**t** 0300 555 1384

Mon to Thurs 8.30am to 5pm

Fri 8.30am to 4.30pm

**t** 0300 555 1373

For Out of Hours service

## Police

**t** 101

**t** 999 (emergency only)

## Runaway helpline

**t** 116 000

**e** [116000@runawayhelpline.org.uk](mailto:116000@runawayhelpline.org.uk)

Free, confidential and 24/7. For anyone under 18 years old who has run away or thinking about running away from home in need of help and advice.

# We are worried when you are not where you are supposed to be.



Hampshire  
County Council



# Reasons why

**You might not be where you are supposed to be because:**

- You are unhappy where you are living
- You have had a row at home
- People who look after you use drugs or drink lots of alcohol
- You aren't happy at school/college or are being bullied
- You are pregnant and don't want to be or don't know what to do
- Your family might be trying to get you to do something you are unhappy with
- Your parents don't get along or argue
- You may be upset or stressed at home
- You might have lost someone you love
- You are being pressured to do something you don't want to do
- You are being physically, sexually or emotionally abused
- Your parents are not coping with their mental health or are depressed
- The adults you live with are having difficulties managing their own emotions
- There may be other reasons not listed



## What happens when you come back or are found?

If you were reported to the Police as missing, they will contact you to make sure you are **'Safe and Well'** once you have returned.

Being 'Safe and Well' means making sure you are OK and have not been the victim of a crime, or been hurt.

Once you have returned or been found you will be offered the chance to talk someone, such as your social worker, carer, teacher or an independent person about what made you go missing, and what happened whilst you were away, to try and make sure it doesn't happen again.

## Could this happen again?

If we think something like this might happen again, we can help to make a safety plan with you, so we can make sure you are not at risk of harm.

## Your Safety Plan will consist of:

- The name of your trusted adult.
- What we will do to support you.
- What we will do if your plan does not work.

These will be incorporated into your existing plan.

