



Office of
Safeguarding

DIOCESE OF MAITLAND-NEWCASTLE

Who can I tell if I don't feel safe?

- ▶ Parents or guardians
- ▶ Grandparents or extended family
- ▶ Teachers or other staff
- ▶ Neighbour
- ▶ Police or health professionals

Who else can I get help from

- ▶ Emergency – **000**
- ▶ Kids Helpline – **1800 55 1800**
www.kidshelpline.com.au
- ▶ Dept. of Communities & Justice
(formally FaCS) – **13 21 11**
- ▶ Lifeline – **13 11 14**

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P 02 4979 1390

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