

We want you to stay safe

We know that sometimes talking about your feelings is not easy and that you might want to do this in a place you're comfortable in or a place of your choice but only if you choose to do this.

It's really important that the person you're meeting is who they say they are.

MindMate®



.....

If anyone says they want to meet with you to help you, you should stay safe. Here's what you might want to consider doing:

- If you haven't asked for any support from a service and someone is asking to meet with you, say no and report this to someone you trust or the police
- If you think the person is real but aren't sure, find out what their name is and which service they say they're from
- You should Google the name of the service and call the contact number for that service. You can ask about the person who says they're meeting you
- If you can't get through to the service and are still uncomfortable you should still say no. If the person really is someone who can help you, they won't mind as they'll understand that you might not be comfortable
- If you want you can tell a friend or an adult who you trust, where you're meeting someone and they can look out for you
- The most important thing is that you are definitely meeting someone who's there to help you. If you have any doubts, you can just say no

Before you meet anyone, always ask to see their ID. If you meet someone who you think is there to help you and you start to feel uncomfortable, you can do the following:

- Just walk away from the situation
- If you think walking away is going to be hard, just find someone nearby and let them know

If you think someone could harm you or anyone else please speak to a friend or adult you trust or go online to the Leeds Safeguarding Children Partnership <https://www.leedsscp.org.uk/Children-Young-People>. There's lots of information about services that could help keep you safe.

Contacting the police

If you don't think you're in immediate danger you can call the police on 101 (the non-emergency number). If you're worried about your safety or anyone else's and feel you need help immediately call 999 and ask for the police. **Your health, your choice, your safety.**

