

# Intro

This document is designed to help you access support for yourself or others, and particularly tell us about vulnerable people who may be at risk of harm or put others at risk of harm.

**If you have a Safeguarding concern for someone please contact your Regional Safeguarding Link as soon as possible. Always raise a concern if you have one, it's better to be safe than sorry. The person you have disclosed your concern to will record it and advise you on what to do next. Sometimes another form of support may be advised first.**

**Below you will find a list of contacts by region for Safeguarding, Resilience to Resist emotional support, After Action support and the Equality, Diversity and Inclusion Working Group along with more information on how these groups can help you.**

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