



Usually, if you have somewhere to live then it is advisable to stay where you are until you can plan your move more confidently.

However, if you are in danger or if you might be harmed where you usually live, or you have nowhere to stay, then you need to try some of the following:

- If you are in immediate danger and at risk you can call the Police on 999
- Ask a friend or family member that you can trust. They may be able to help you for a few nights, giving you time to get things sorted.
- Call Dudley MBC on 0300 555 2345 (24 hours service), depending on what happened they should be able to direct you to the right service, this may be the Homelessness Team, Social Services or the Private Sector Team, who may be able to get you back into your home, if it's safe and legal for you to return.
- Call Shelter for advice, it's free on 0808 800 4444 or go to their [website](#). They should be able to give you advice and tell you of locally available places to stay. The Police may also be able to give you this information.
- Call National Domestic Violence Helpline on 0808 2000 247 if you are suffering domestic violence (remember men can be victims as easily as women) or look at this web page [Womens Aid](#)
- If you are under 16 or if you have been in care you can contact the Childrens Services Team at Dudley MBC via 0300 555 2345 or outside of working hours the [Emergency Duty Team](#) on 0300 555 8574
- If you are 16 or 17 then you will need to contact either Childrens Services on the numbers immediately above or the Homelessness Team on 01384 815035 or if out of hours on 0300 555 2345. The two services will work together to try to help you.
- You may also want to call the [Runaways Helpline](#) Call 0808 800 7070, Text 80234, Email runaway@missingpeople.org.uk