

Participant Safeguarding Information Sheet



On Project CREATE, we believe your safety is our number one priority and there are a few things that we do to ensure that as much as possible, when you are involved in the Project CREATE YPAG you are safe both physically and mentally. To do this, we do several things that we want you to know about:

- We ensure that all the staff who work with and communicate with you whether online or face to face, have gone through the proper security checks - DBS.
- Any information or data that you share, such as your address, date of birth, medical information is kept in a secure place and is not shared outside the Project CREATE team, unless we believe your health and safety is in danger or we have your consent to do so.
- We ensure that the staff who work with you have the necessary skills and training to know how to support you when dealing with sensitive topics and issues.
- When you sign-up we gather relevant medical information like allergies and current medication so that in case of an emergency we can inform trained medical professionals.
- We have in place a code of conduct for the staff who work with you so that they know to always treat you with respect and dignity.
- Make sure that you read and agree to the **Participant Code of Conduct** and follow these rules whenever you take part in YPAG activities, online and face to face.
- This project is about mental health and sometimes we might cover topics that could upset you. If this happens, please take the time you need to step away. If you need to talk to one of the Project CREATE staff team, or turn off your camera, please do what you need to do to look after yourself.
- If you said you were going to attend a meeting, but cannot, please let us know. We do not need to know why; we just want to make sure you are ok.
- During the project you might hear other participants' personal stories and information, please do not share this outside of the project.
- Keep us up to date with any changes to your medical circumstances.
- If you are not happy with something someone has said or done to you, or you see/hear something that worries you or you do not think is right, please report it to a member of the Project CREATE team as soon as possible. This could be **Danelle Lee** who is the Youth Outreach Lead, and you can call her on **07561 865 630**, or you can email create@leeds.ac.uk. However, **we cannot promise to keep what you tell us secret if we think your safety or the safety of others is at risk of harm.**

However, to keep you safe there are things that we ask you to do:

National Support Services



There are also a lot of services that can offer you support as well. These are just a few:

Service	What they do	Contact	Opening hours
Childline	Childline is here to help anyone under 19 in the UK with any issue they are going through.	Call: 0800 1111	Childline is free, confidential, and available any time, day, or night.
Samaritans	All ages - If you are feeling suicidal, lonely, or depressed, we are here for you. Whatever the reason, you will get help from a trained volunteer offering non-judgmental support.	Call or text: 988 or 116 123	Samaritans is free and confidential
Shout	Shout provides support for young people across the UK experiencing a mental health crisis. All texts are answered by trained volunteers, with support from experienced clinical supervisors. Online resources: https://www.youngminds.org.uk/young-person/	Text: SHOUT to 85258. Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.	Shout provides free, 24/7 text support
The Mix	If you are aged 11-25 and need help but do not know where to turn, call us for FREE. We will explore your situation with you and find organisations that may be able to help you further. you can contact their crisis messenger service by texting THEMIX	Call: 0808 808 4994 Text THEMIX to 85258.	Open from 4pm to 11pm Monday to Saturday. 24/7 – text support
Hope Line UK	For children and young people under the age of 35 who are experiencing thoughts of suicide. Our advisers are all trained to help you focus on staying safe from suicide. Their training enables them to provide advice and support that may help you to move forward and stay alive.	Call: 0800 068 4141 Text: 07860039967	9am – midnight every day of the year