

If you are in trouble or need help please call your social worker.
If you need help outside of office hours (between 5 pm - 8 am),
you can call a duty social worker at

Barking and Dagenham Emergency Duty Team (ETD)

Tel: 020 8594 8356

Hours of cover:

Monday to Friday: 5pm - 8am

Saturday to Sunday: 24 hours

Public holidays: 24 hours



The London Borough of

Barking & Dagenham

Runaway Helpline: 0808 800 7070

Free phone from landline. Opening hours 24hours a day
365 days (help and advice for runaways aged 17 & under)
www.runawayhelpline.org.uk

If you are 18+ call:
0800 700740

Free phone from landline.

