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| **URGENT HELP CONTACT NUMBERS** | |
|  | **If you have a Learning Disability and it’s a Monday-Friday between 9.00am-5.00pm:**  Please phone the Community Learning Disability Team:   |  |  |  |  | | --- | --- | --- | --- | |  |  | |  | | **South Staffordshire**  **North Staffordshire and Stoke on Trent** | | **01785 221576**  **0300 123 1152** | | |  |  |  |  |      Ask for the person you know, if they are not there, someone will talk to you. |
|  | **If you’re an Autistic person. Or it is a Saturday and Sunday or 5.00pm-9.00am Monday to Friday out of hours**  **Phone your G.P (doctor)**     Or the Mental Health Access Team on the following numbers:   |  |  | | --- | --- | | **South Staffordshire**  **North Staffordshire and Stoke on Trent** | **0808 196 3002**  **01782 441600** | | Or Social Services  **Staffordshire out-of-hours** | **0345 604 2886** | |
|  | **If there is an emergency:**    If you or another person is very ill, please phone **999** and ask for ‘**ambulance**’.    If you or another person is in danger, please phone **999** and ask for ‘**police**’.    If there is a fire, please phone **999** and ask for ‘**fire service**’. |