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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:

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| **South Staffordshire****North Staffordshire and Stoke on Trent** | **01785 221576****0300 123 1152** |
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   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:

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| **South Staffordshire****North Staffordshire and Stoke on Trent** | **0808 196 3002****01782 441600** |
| Or Social Services**Staffordshire out-of-hours** | **0345 604 2886** |

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|  | **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**’. |