

## **LEAP safeguarding protocol**

The LEAP may work with topics that could trigger depression, affect wellbeing or increase risk of harm. We have therefore prepared this and the accompanying documents, in consultation with the LEAP.

### **Legal / ethical Framework**

If you disclose information that raises concerns, University staff will not ignore it and cannot promise to keep it secret.

University staff are required to pass participant information on to our safeguarding lead and/or the police where we are aware of:

- a risk of harm to a child or vulnerable person
- an immediate, serious risk to the participant's safety
- an immediate, serious risk to the safety of others.

### **General points for LEAP meetings:**

- Keep cameras on, so we can see how everyone is doing. You may wish to adjust your settings so that you cannot see yourself.
- We will circulate the agenda in advance. If you wish to avoid an item, please let the AMBER team know, and they will rearrange that item to the end, so you can leave early.
- Please join the LEAP meetings from a private place, where it is unlikely that others will overhear / come into the room. This is to protect others member's confidentiality, especially if something personal is disclosed during the meeting.

### **Options if someone is distressed**

- The individual takes a short break and rejoins if they can / leaves the meeting if they can't.
- The whole group takes a short break
- The individual is invited into a separate Teams room with the chair, and the support person continues working through the agenda.
- We end the session early.

### **Individual Plans**

Each LEAP member knows their own triggers and the best ways to deal with them. In the context of the LEAP, individual members would like control over what is / isn't done by the researchers.

LEAP members will therefore be invited to complete an individualised plan. This should include an alternative way of contacting them, should they not reply to email (e.g. text message). This plan may or may not include an emergency contact (individual's choice).

## General Points

- Researchers to be aware that members may be slower to reply to emails during busy periods (e.g. academic term, holiday periods etc). However, this should not trigger safeguarding procedures.
- **Option to debrief:** LEAP members may stay on at the end of the meeting if they wish to debrief /discuss something with the chair. Alternatively, they can contact the chair afterwards to set an alternative time.

## Support Organisations

<p><b>SAMH Information Service</b></p> <p>Whether you're seeking support, are looking for more information for you or someone you love, or if you just want to have chat about mental health, we're here to help. You can also speak to an advisor through our <b>Live Web Chat</b> which will pop up when an advisor is available.</p>	<p>Available: <b>9am to 6pm, Monday to Friday</b></p> <p>Phone: <b>0344 800 0550</b></p> <p>Email: <a href="mailto:info@samh.org.uk">info@samh.org.uk</a></p> <p>Visit: <a href="http://samh.org.uk/information-service">samh.org.uk/information-service</a></p>
<p><b>NHS24</b></p> <p>If you're feeling distressed, in a state of despair, suicidal or in need of emotional support you can phone NHS 24 on 111.</p>	<p>Phone: <b>111</b></p> <p>Visit: <a href="http://www.nhs24.scot">www.nhs24.scot</a></p>
<p><b>Breathing Space</b></p> <p>A confidential out of office hours telephone line for people over 16 experiencing low mood, anxiety or depression.</p>	<p>Phone: <b>0800 83 85 87</b></p> <p>Visit: <a href="http://breathingspace.scot">breathingspace.scot</a></p>
<p><b>Samaritans</b></p> <p>24-hour helpline offering emotional support for anyone feeling down, distressed or struggling to cope.</p>	<p>Phone: <b>116 123</b></p> <p>Email: <a href="mailto:jo@samaritans.org">jo@samaritans.org</a></p> <p>Visit: <a href="http://www.samaritans.org">www.samaritans.org</a></p>
<p><b>Shout</b></p> <p>Shout 85258 is the UK's first free, confidential, 24/7 text support service. It's a place to go if you're struggling to cope and need mental health support.</p>	<p>Phone: <b>Text 85258</b></p> <p>Visit: <a href="https://giveusashout.org/">https://giveusashout.org/</a></p>