

Keeping safe from an attack

Playing your part

There are several ways that you can stay safe and help the police force work effectively in their local community:

- Stay safe – run, hide, tell
 - Alert the Prevent team if you notice something suspicious
 - Alert the police
 - Download the CitizenAID app
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Stay safe – run, hide, tell

The Government, police and armed forces are working together to keep you safe. You may notice more of a police presence on the streets and at public events. Their job is to keep you safe and they have issued instructions on what you should do if you are caught up in an incident. These are the three steps you should follow:

Run – To a place of safety. This is a better option than to surrender or negotiate. If there's nowhere to go then....

Hide – It is better to hide than to confront. Remember to turn your 'phone to silent and turn off vibrate. If you need to, barricade yourself in. Only when it is safe...

Tell – Call the police on 999.



Playing your part

The police, security and intelligence agencies depend on information from you. If you notice something suspicious then complete their [online form](#) or [call them](#). Keep a note of the location, description and time that you noticed something.

If you're worried about someone and their behaviour then contact [Prevent in Newcastle](#). This team work in partnership with the Government and Northumbria Police. Call 0191 277 2072 or 07787 691345 email prevent@newcastle.gov.uk

If you come across extremist content online then complete the Metropolitan Police's [online form](#) or [call them](#). Keep a note of the website or app address so that the Specialist Police team can investigate quickly.

[CitizenAID](#) has developed an app that you may find useful to help plan ahead' You can download it onto your mobile 'phone from Google Play, Apple App or the Windows store. This app gives a series of immediate actions to take, such as how to keep safe or save a life. They also update their news items with useful videos on how to act in an emergency situation.

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Useful Organisations

Emergency Services – Fire, Police, Ambulance

Telephone: 999

Citizen Aid

Email: info@citizenaid.org

Website: <http://citizenaid.org>

Telephone: 0121 794 2456

Address: The Workspace, WV2 1EL

Metropolitan Police

Website: <https://www.met.police.uk>

Telephone: 0800 789 321

Northumbria Police

Email: central.ceo@northumbria.pnn.police.uk

Website: www.northumbria.police.uk

Telephone: 101

Northumbria Police – Neighbourhood Watch

Website: <http://www.ourwatch.org.uk/>

Telephone: 101

Related Articles

[Ways to report crime and community safety issues](#)

[Personal Safety](#)