

Missing People – How we can help you

You have been reported missing

It is not a crime for an adult to go missing. At Missing People we respect your right to stay missing, if that is what you decide to do. Unless you tell us, we do not even know where you are. Only the worker who gave you this page of information knows where you are. What happens next is up to you.

We know that people go missing for different reasons, and some people who are reported missing do not want to be reported missing. The Missing People charity is there for you whatever difficulties you have, whenever you need us and whatever you decide to do. It might take only one call or many calls. However long it takes, we are there for you. Call or text us free of charge on 116000 (a special short number), 24 hours a day, or email us 116000@missingpeople.org.uk. We are confidential so we will not share what you say with anyone else. If we think we are not the best people to help we will try to put you in touch with the people who are.

Passing a message home

Someone has reported you missing so someone is worried about you. But returning home can be difficult. Perhaps relationships were difficult when you left, or perhaps you think that your relationships must now be worse because you have been away. So making contact again can be hard. Missing People can help you by passing a message home between you and the people you want to contact. For example, we can help you contact your family, a social worker, community psychiatric nurse, hospital staff or other professionals.

Lost Contact Tracing Service

If you do not know the contact details of your family, Missing People may be able to find their address and begin contact through our Lost Contact Tracing Service.

Setting up a 3-way call for you

Our helpline team can connect you to the person you want to speak to, e.g. a professional, family member or friend, but we can also stay on the phone to help you through what could be difficult conversations.

How to stop people to looking for you

You have been reported missing so the police have been looking for you. It is not a crime and you are not in trouble, but they will only stop when they know you are safe. They have to do a 'Safe and Well Check' with you. This can be done in a convenient place for you and usually takes less than 10 minutes. Talk to Missing People and we can explain this in more detail. If needed, we can connect with the police on a 3-way call to discuss your missing status. The police will not pass information, such as where you are, to your family without your permission.

Call or text us on 116000 (free of charge)
24 hours a day,
or email us 116000@missingpeople.org.uk.