

Where to go for Help

- Close family
- Extended family
- Friends
- Friends' families
- Teachers and others at school
- Leaders from clubs or other groups that children might go to
- Doctors or people at hospital
- ChildLine 0800 1111 (24 hours)
www.childline.org.uk
- The Hideout www.thehideout.org.uk
- NSPCC 0808 800 5000 (for adults)
www.nspcc.org.uk 0800 1111 (for children)