



Need someone to talk to?

If you are worried about something that is happening to you or someone you know.

If you need help, or need to know how to get help.

Talk to your teacher, they can listen and help, or you can talk to the people below!



If you are still unsure about talking to a teacher, you can telephone **CHILDLINE** on **0800 1111** or **NSPCC** on **0800 800 500**. These calls are free and will not show up on your phone bill.