

NOT
been



Feeling
like
MYSELF

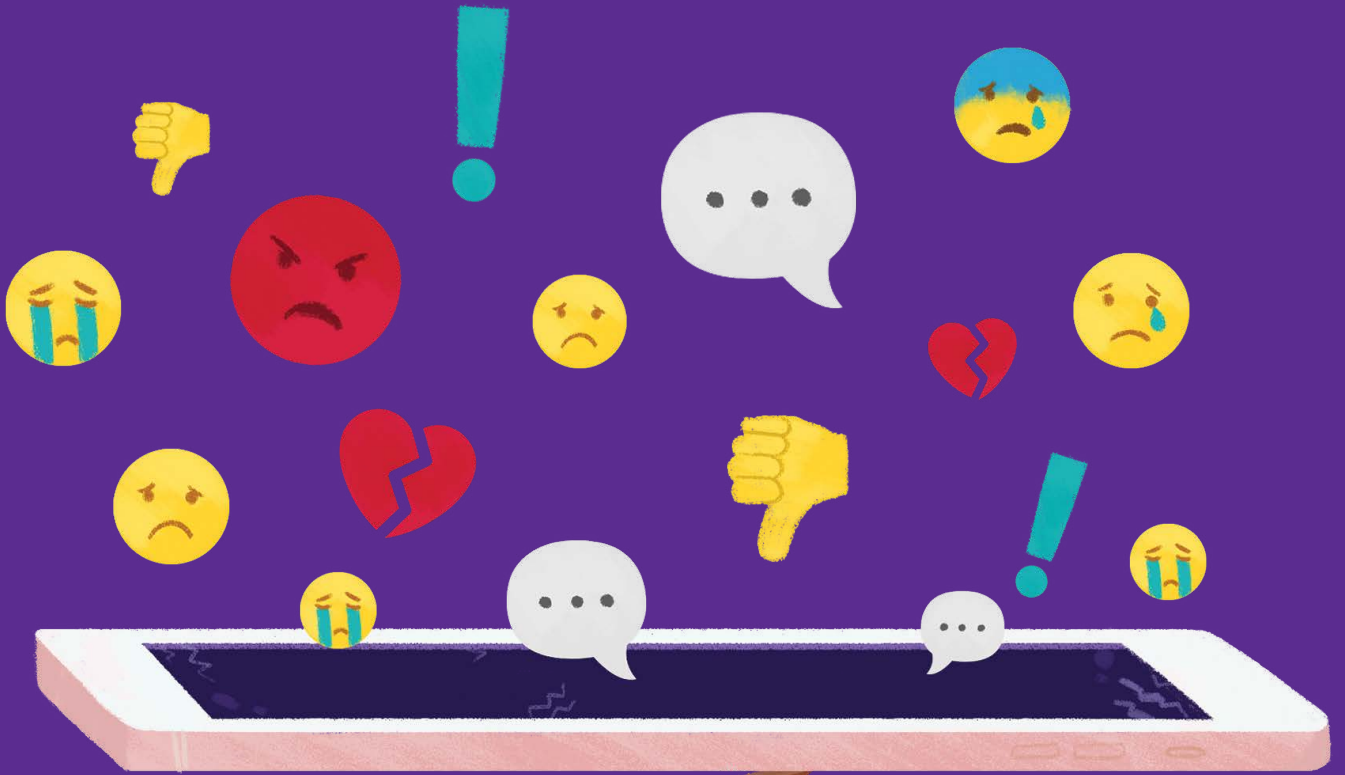
**CHILDLINE IS HERE,
WHATEVER YOU'RE
GOING THROUGH**

We can help you make sense of your thoughts and feelings with advice on our website. Or you can have a free, confidential chat with one of our counsellors, online, on the phone or through our app. Talk to us in your own way, at your own pace.

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

Childline is a service provided by the NSPCC. ©NSPCC 2020.
National Society for the Prevention of Cruelty to Children.
Registered charity England and Wales 216401. Scotland SC037717.
Illustration by Emily Keenor. J20201088.



need a
**SAFE
SPACE**
I can trust



**YOU DON'T NEED
TO FACE BULLYING
ON YOUR OWN**

Whether it's online or offline, at home or at school, bullying is never your fault. From info and advice, to free, confidential chats with our counsellors, we're here for you.

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

Childline is a service provided by the NSPCC. ©NSPCC 2020.
National Society for the Prevention of Cruelty to Children.
Registered charity England and Wales 216401. Scotland SC037717.
Illustration by Emily Keenor. J20201088.



need some
ME TIME
away from
FAMILY LIFE

**GIVING YOU
ANOTHER SPACE
TO FEEL AT HOME**

If family life's getting a bit noisy, we're here no matter what your worry. Get info and advice; share thoughts with others your own age; or have a free, confidential chat with one of our counsellors, on the phone, online or through our app.

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

Childline is a service provided by the NSPCC. ©NSPCC 2020.
National Society for the Prevention of Cruelty to Children.
Registered charity England and Wales 216401. Scotland SC037717.
Illustration by Emily Keenor. J20201088.



don't feel
READY
- for the -
FUTURE

**TALK TO CHILDLINE
ABOUT ANY ISSUE,
BIG OR SMALL**

We know that becoming an adult can be tough. So why not have a free, confidential chat with one of our counsellors over the phone, on our website or on our app? Whether it's exam stress, relationship problems, or you're just not feeling great about things, we're here to listen.

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

Childline is a service provided by the NSPCC. ©NSPCC 2020.
National Society for the Prevention of Cruelty to Children.
Registered charity England and Wales 216401. Scotland SC037717.
Illustration by Emily Keenor. J20201088.