

Keeping safe

Here are some organisations who can help if you are worried and need help.

Childline

Free telephone number: 0800 1111

Or

E mail via the website

Childline.org.uk



Calling the number above will connect you to a one to one counsellor, who you can talk to about your worries.

Samaritans

Free telephone number: 116 123

Or

Visit the website

www.samaritans.org



The Samaritans offer a safe place for you to talk anytime you like in your own way.

Young Minds

Youngminds.org.uk

If you need support in a crisis or just need to talk to someone

Young Minds are there to offer support.

