

NEED A PLACE TO
GET AWAY
FROM IT ALL



**FEEL SAFE
WITH CHILDLINE**

Whatever's going on in your life, our counsellors are here to listen. Chat with one of our counsellors online, on the phone or, if you're D/deaf, through a British Sign Language interpreter. It's free, confidential and we'll make you feel at ease.

childline

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

Childline is a service provided by the NSPCC. ©National Society for the Prevention of Cruelty to Children (NSPCC) 2021. Registered charity England and Wales 216401. Scotland SC037717 and Jersey 384. Illustration by Toby Triumph. J20211120. NS2913



AM I THE
ONLY ONE
WHO FEELS LIKE THIS ?



**TALK TO CHILDLINE
ABOUT ANYTHING**

Chat with one of our counsellors online, on the phone or, if you're D/deaf, through a British Sign Language interpreter. It helps to talk through your feelings – we're here whenever you need us.

childline

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

Childline is a service provided by the NSPCC. ©National Society for the Prevention of Cruelty to Children (NSPCC) 2021. Registered charity England and Wales 216401. Scotland SC037717 and Jersey 384. Illustration by Toby Triumph. J20211120. NS2912