

Where can I get help?

Childline – 0800 1111 – www.childline.org.uk

You can speak to a counsellor either on the phone or online. The number is free and will not appear on any telephone bill.

NSPCC – 0808 800 5000

A confidential number for children and young people. Free on most landlines and mobiles.

Get Connected – 0808 808 4994

This is a free number for young people that gives you support and information.

Childnet – www.childnet.com

This is a website that offers advice young people advice about staying safe on the internet.

CEOP – www.ceop.police.uk

This website will give you advice but also allows you to report inappropriate activity on social media.

The Hideout – www.thehideout.org.uk

A website which helps children and young people to understand domestic abuse, and how to take positive action if it is happening to you.

Respect Not Fear – www.respectnotfear.co.uk

This website contains information about respect in relationships.

Relationship abuse can happen to anyone.

Remember it is never your fault and you never have to deal with it on your own.