

## Childline

Childline is available 24 hours a day - No worry is too big or too small.

Call Childline free on 0800 1111

or get in touch online: <a href="https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/">https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/</a>