NSPCC Helpline

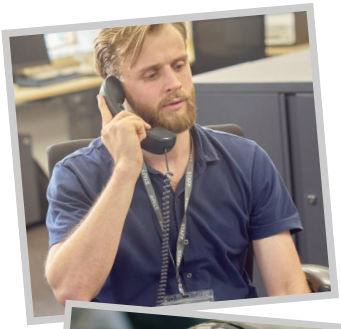
For any concerns about a child
help@nspcc.org.uk | 0808 800 5000

We're here for you

The NSPCC is the UK's leading child protection charity. We have been keeping children safe for over 140 years, and we are here to help with any concerns about a child, no matter how big or small.

Any of these worries sound familiar?

- My child is being bullied at school.
- My teenager hardly talks to me anymore.
- How can I talk to my child about healthy relationships?
- The child at youth club told me about a secret.
- It's not safe for me and my children at home.
- I'm struggling to feed my children.
- My neighbour's child is always crying.
- I don't know who my children are talking to online.



How can the NSPCC help?

The NSPCC Helpline can be contacted seven days a week, online or on the phone. Our child protection specialists are here to listen, offer advice, and support to take action if needed.

Whether you want to report child abuse and neglect, or are worried about a child and not sure what to do, we have advice for you.

It doesn't matter who you are — a parent, a family member, friend, neighbour or professional. Anyone can contact us for advice.

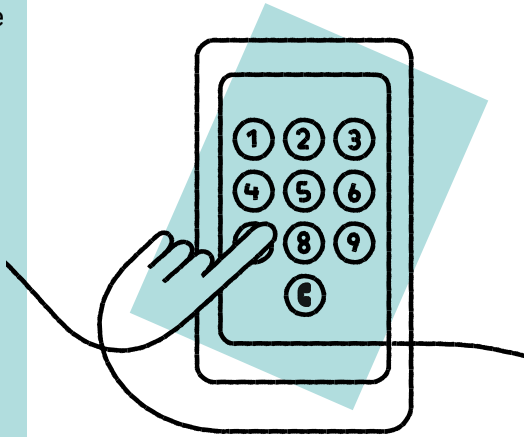
Do I have to say who I am?

There are lots of reasons why people want to be anonymous. You don't have to tell us who you are, where you live, or share your contact details. If you do choose to share any of these with us, you can ask us not to share them with other agencies – like the police or social services. However, if you told us something that made us worry that you or a child is being hurt or at risk, we would have to report this.

Call **0800 800 5000**

Visit **nspcc.org.uk/helpline**

Email **Help@NSPCC.org.uk**



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