

a place
FOR ME
to be
ME



YOU'VE JUST FOUND IT

Whatever might be troubling you, Childline is here 24/7.

You can get advice on different topics; share experiences with people your own age; or have a free, confidential chat with one of our counsellors, on the phone, online or through our app.

childline

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

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just
NEED
some
space



FINDING FAMILY LIFE FRUSTRATING?

Life at home can be hard for lots of reasons, but we're here **no matter what your worry**. Get info and advice; share experiences with people your own age; or have a free, confidential chat with one of our counsellors 24/7, on the phone, online or through our app. It's a space for you.

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feel
TRAPPED
in my
own head



GOING THROUGH A TOUGH TIME?

Whatever you might be going through, Childline is here 24/7. **We have info and advice to help you make sense of what you're feeling**, and if you need to talk, you can have a free, confidential chat with one of our counsellors, on the phone, online or through the app. That's a weight off your mind.

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there
FOR ME
anytime



THE CHILDLINE APP – JUST FOR YOU

You can now find everything Childline has to offer in one easy app. So you can get the support you need at a time and place that works for you. From info and advice through to free, confidential chats with our counsellors, it's all there for you day and night.

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knowing
i've found a
SAFE SPACE



WE'VE GOT YOUR BACK

Childline is confidential. So what you say to us, stays with us.

And you can talk in your own way, at your own pace. You don't have to tell us everything in one go, and our counsellors are here to listen and support you through whatever's going on in your life.

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