Feel like you might need some help?

“The longer problems are left to linger, the worse they become and the more affected you are by them.”

If you’ve got a problem or are worried about someone you know, deciding what to do to make things better can be difficult.

So this guide tells you about some of the sources of help and advice on how to deal with your worries.

You may be too embarrassed to talk about them. You may think others won’t take you seriously or understand you. You may worry that they will tell someone else when you don’t want them to. You may find it hard to trust adults. It can be very hard to talk.

But some problems just don’t go away if you ignore them or try to sort them out by yourself. You don’t have to manage on your own.

**ChildLine 0800 1111**

“It is SO much better out than in. You will feel so much better once you have told someone.”  Mollie

ChildLine is the UK’s free, confidential helpline for children and young people. You can contact them at any time of the day or night, when trained counsellors are on hand to provide help, advice, support and protection.

It’s free to call and the number won’t show up on any phone bills. You’ll be able to speak to someone who cares about your problems – so if you feel scared or out of control, that’s OK. You can tell them. Their job is to listen to you and to help. Everything you say stays between you and ChildLine – unless you want them to talk to someone for you, or you are in real danger. Just ask if you’d like to talk things through.

ChildLine is a service provided by the NSPCC. The NSPCC is a charity that believes in a society where all children and young people are safe, valued and happy. The NSPCC works to prevent abuse and help those who have been abused. The charity provides a range of services, advice and support for those affected and campaigns for children’s rights.

You can also find plenty of advice and support at [www.childline.org.uk](http://www.childline.org.uk)

Whether you’re after help and information for the worries that affect many young people, including those in this booklet, or you simply want space to chill out and play some games, it’s designed to help you find your own solutions to your problems.

**Other Headings**

- What’s worrying you?
- Know your rights
- What is abuse?
- Know the score
- Dealing with bullying and violence
- Cyber-bullying
- Saskia’s story
- Violence
- Ensuring your emotional wellbeing
- Coping with pressures at school
- You are not alone - who can help?
- What will happen if you talk to someone
- What happens next
- Want to make your voice heard in ending cruelty to children?

There is also a fold-out directory listing many organisations that can help in these circumstances.

**0800 1111**

[www.childline.org.uk](http://www.childline.org.uk)