

NSPCC

Visit the NSPCC web site for information about many issues including



- self harming
- harmful sexual behaviour
- support for children who have parents with mental health difficulties
- preventing abuse
- child safety
- sexting
- bullying and cyber bullying
- staying safe online - including on social media
- PANTS - the underwear rule
- Mental Health and suicidal thoughts in children
- advice on children staying home alone
- and much more.

If you're an adult and worried about a child, even if you're unsure, contact our professional counsellors 24/7 for help, advice and support - 0808 800 5000 or help@nspcc.org.uk

If you are 18 or under ChildLine offers free, confidential advice and support whatever your worry, whenever you need help - call 0800 1111.

Who to contact

Telephone	0808 800 5000
E-mail	help@nspcc.org.uk
Website	www.nspcc.org.uk

Other details

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