

Snowsport (Logo?) England Safeguarding Lead

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The NSPCC work with families when they're going through difficult times – like battling addiction or overcoming mental health problems. They offer all kinds of support.

0808 800 5000

www.nspcc.org.uk



Childline is yours – a free, private and confidential service where you can be you. Whatever your worry, whenever you need help, however you want to get in touch. W

They're there for you online, on the phone, anytime.

☎ 0800 1111

www.childline.org.uk



Women's aid

☎ 0808 2000 247

www.nationaldomesticviolencehelpline.org.uk



Samaritans is a registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide

☎: 116 123

✉: jo@samaritans.org



If you have concerns about your relationship check out Disrespect NoBod.

www.disrespectnobody.co.uk



Thinkuknow aims to empower children and young people aged 5-17 to identify the risks **they** may face online and **know** where **they** can go for support.

www.thinkuknow.co.uk



This is a free emotional health and wellbeing website and app for young people.

www.life-central.org



www.talktofrank.com

☎ 0300 123 6600

📧 SMS 82111



A National
Crime Agency
command

Are you worried about online sexual abuse or the way someone has been communicating with you online?

Make a report to one of CEOP's Child Protection Advisors

<https://ceop.police.uk/safety-centre/>