 **Telephone and web Support for Children**

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| **Who can** **Help?** | **What Do** **They Do?** | **What Topics Can They** **Help With?** | **How Can They be Contacted?** |
| **Anna Freud** | Supporting children’s mental health during periods of disruption | AnxietyMental Health | [www.annafreud.org](http://www.annafreud.org) |
| **Lifeline** | Crisis response line for people in distress  | DepressionMental healthTextphone users (for deaf and hard of hearing): | 0808 800 800018001 0808 808 8000 |
| **Childline** | Childline provides support and guidance on multiple topics including: | BullyingYou and your bodyHome and FamilyRelationshipsSchool | 0800 1111[www.childline.org.uk](http://www.childline.org.uk)1-2-1 counsellor chat |
| **NSPCC** | Advice on safeguarding and child protection issues and somewhere to report concernsWeb support  | SafeguardingChild abuseChild protection | 0808 800 5000[www.there4me.com](http://www.there4me.com)  |
| **The HideOut** | Web space to help children and young people understand domestic abuse and how to take positive action of it’s happening to you | Domestic Violence  | [www.thehideout.org.uk](http://www.thehideout.org.uk) |
| **Family Support NI** | Website to access support in your area – for a wide range of issues – giving local contact details |  | [www.familysupportni.gov.uk](http://www.familysupportni.gov.uk) |