

## Telephone and web Support for Children

Who can Help?	What Do They Do?	What Topics Can They Help With?	How Can They be Contacted?
<b>Anna Freud</b>	Supporting children's mental health during periods of disruption	Anxiety Mental Health	<a href="http://www.annafreud.org">www.annafreud.org</a>
<b>Lifeline</b>	Crisis response line for people in distress	Depression Mental health Textphone users (for deaf and hard of hearing):	0808 800 8000  18001 0808 808 8000
<b>Childline</b>	Childline provides support and guidance on multiple topics including:	Bullying You and your body Home and Family Relationships School	0800 1111  <a href="http://www.childline.org.uk">www.childline.org.uk</a> 1-2-1 counsellor chat
<b>NSPCC</b>	Advice on safeguarding and child protection issues and somewhere to report concerns Web support	Safeguarding Child abuse Child protection	0808 800 5000  <a href="http://www.there4me.com">www.there4me.com</a>
<b>The HideOut</b>	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	<a href="http://www.thehideout.org.uk">www.thehideout.org.uk</a>
<b>Family Support NI</b>	Website to access support in your area – for a wide range of issues – giving local contact details		<a href="http://www.familysupportni.gov.uk">www.familysupportni.gov.uk</a>