



Useful numbers to use for support if you feel you need help....

Childline : 0800 1111

www.childline.org.uk/

The NSPCC : 0808 800 5000

www.nspcc.org.uk/

Kidscape : 020 7730 3300

www.kidscape.org.uk/

Barnardo's : 01225 751261

www.barnardos.org.uk/

StopBullying.gov

www.stopbullying.gov/kids

BullyBusters

www.bullybusters.org.uk

