



Help if you are experiencing abuse or domestic violence

Help for children/ young people if you are experiencing abuse or domestic violence

Every child and young person is entitled to a home where they feel safe, secure and looked after. If you are being hurt either physically or emotionally or are not being looked after properly you don't need to feel alone or powerless, there is help at hand.

What you can do

- Talk to an adult you like and trust, such as a teacher, family friend or your doctor. They can help you decide what to do next
- Confide in a friend, if they know you're having a tough time they can support you and understand what you're going through
- Try to understand that what is happening is not your fault
- Look at the ChildLine website as it has lots of practical advice and help or call the free phone ChildLine 24 hour helpline at any time.



[Childline](#)
tel 0800 1111

SAMARITANS

[Samaritans](#)
tel 08457 90 90 90



[Young Minds](#)
Information on mental health and emotional wellbeing for young people



[Connexions-Direct](#)
tel 080 80013 219