

# Helpline numbers:

*We are always here to talk, but if you feel you cannot confide in us then please make a note of the necessary numbers:*

## Childline:

Whatever your worry, day or night, we're here for you. Call us free on **0800 1111**.

## NSPCC helpline:

Helping adults protect children. **0808 800 5000**

## Young Minds Parent helpline:

Call us for free Mon-Fri from 9.30am to 4pm – available in England, Scotland, Wales and Northern Ireland. **0808 802 5544**

## DAVSS – Tunbridge Wells

10.00am to 1.00pm weekdays. **01892 570538**

## Domestic abuse:

If you feel intimidated, controlled or silenced, that's **abuse**. Get support now.

**Domestic abuse** can have a significant impact on your emotional wellbeing.

**0808 168 9111**

## Refuge:

Run in partnership with women's aid and Refuge. **0808 2000 247**

## Kidscape Bullying helpline:

We offer friendly, impartial, non-judgemental information, advice and support to parents, carers and family members who are concerned about their child or young person being bullied.

Our line is open Monday to Thursday 9am - 1pm (excluding bank holidays).

You can call us on **020 7823 5430**

## Citizens Advice:

<https://www.citizensadvice.org.uk>