

Childline

For children who want someone to talk to

Tel: 0800 1111

Or you can write to

CHILDLINE
Freepost 1111
London
N1 0BR

Parentline
Tel: 0800 800 2222

parentsupport@familylives.co.uk

Parentline is run by Family Lives, a national charity set up to respond to the needs of families, particularly parents and other adult carers

Or you can talk to our church's INDEPENDENT PERSON who is:

He/she can be contacted at: