






Support For Children and Young People:

<p>Childline</p> 	<p>Childline offer information, advice, and support to children and young people. Call: 0800 1111 Online chat: https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/ Email through an account: https://www.childline.org.uk/login/?returnPath=%2flocker%2f</p>	
<p>National Bullying Helpline</p> 	<p>Provide information, advice and offer practical, proven steps to help children and parents deal effectively with bullying. Freephone: 0300 323 0169 Telephone: 0845 225 5787 Email: help@nationalbullyinghelpline.co.uk</p>	
<p>NSPCC</p> 	<p>Offers free, confidential advice and support whatever your worry, whenever you need help. Support for 18 or Under: 0800 1111 Report Abuse: NSPCC Helpline: 0808 800 5000 Email: help@NSPCC.org.uk</p>	
<p>CAMHS</p>  <p>Child and Adolescent Mental Health Services</p>	<p>Child and Adolescent Mental Health Services is NHS lead and supports depression, problems with food and eating, self-harm, abuse, violence or anger, bipolar disorder, schizophrenia and anxiety, and other difficulties. Referrals completed through GP, parent or carers or child depending on age. Call: 0116 295 5050 Web: https://www.leicspart.nhs.uk/service/child-and-adolescent-mental-health-services-camhs/</p>	