

ChildLine



Fed up?

Lonely

depressed

Stressed?

Worried

UPSET

ChildLine

0800 1111

sad

confused?

unsure?

SCARED?

ANGRY

ANGRY

however you feel, ChildLine is here for you.

Call free, day or night on 0800 1111. Or if you're deaf, hard of hearing or speech impaired, textphone 0800 400 222. ChildLine is a service provided by the NSPCC.
 Photograph by Lene Day, styled by meash. Registered charity number 264469 and 2348991. © 2009 NSPCC.

ISPOCC Childline

TOP TEN REASONS FOR YOUNG PEOPLE TO CONTACT CHILDLINE

Rank	Main concern	Definition	Girls	Boys	Unknown	Total	Percentage total counselling
1	Depression and unhappiness	Feeling sad, low mood, lonely, has low self-esteem, confidence or body image issues.	19,054	5,208	11,679	35,941	13%
2	Family relationships	Conflict/arguments with family members. Parents' divorce/separation.	18,537	5,556	11,061	35,154	13%
3	Bullying/online bullying	Peer-to-peer bullying, either face-to-face or online.	14,653	6,724	9,010	30,387	11%
4	Self-harm	Self-injury that is intentional.	12,643	856	9,033	22,532	8%
5	Suicidal issues	Suicidal feelings, ideation or actively suicidal.	8,461	1,579	4,823	14,863	5%
6	Problems with friends	Falling out with friends, difficulty making friends.	8,321	1,896	4,068	14,285	5%

What does Childline do?

- A foundation to help children with any problems they have
- Offer assistance and support
- Confidential service given by NSPCC
- Childline deals with many issues that cause distress and concern

In 1986 Esther Rantzen suggested BBC created a program called Childwatch to help people find out more about child abuse and problems in a child's life. Instead Esther opened a helpline on her own series 'That's Life!'. This was the start of ChildLine.

In 2006, ChildLine joined with the NSPCC

2011 was the
25th
Anniversary
of ChildLine

Susie's Story

About 3 years ago my Grandma was diagnosed with dementia and a year later my Granddad couldn't cope to look after her any more. So she was moved to a care home, now I can't stop thinking about her. Only a couple of days ago I overheard Mum and Dad saying 'She may not have long' now I can't stop thinking about her and it's killing me to think of her as thin as sticks and slowly dying. I really need some help and advice on how not to be so worried.

Response

Contact
ChildLine
By
Phone

0800 1111

Hi :-)

My Nan also has dementia, and she often tells me how much pain she is in. Try not to think of her dying slowly, try to think of it as her going to bed after a long, tiring day. I can sometimes see in my nan's face when she tries to stand up that she is in pain, and try to visit her as much as possible, and make her happy.

I can sense that sometimes she wants it to end. Maybe this is a relief for your Grandma, even though she'll miss you and you'll miss her. My heart goes out to your family
xxx

How it has helped children

- Children all feel a lot better once they have talked to someone
- All counselors listen to any problems children have
- Helps tackle many problems by giving advice
- Many "thank you" messages are sent every year.
- without ChildLine over 2.6 million children would have had no where to turn.

How Many People Do You
Think Phone ChildLine
Each Day?

A) 500

B) 1,000

C) 2,500

D) 4,500

4,500

1

2

3

4

5

6

7

8

9

-

+

0

=

C

How you can help!

- Donate money
- Volunteer at events placed to raise money for ChildLine
- Go to any events put in place to help fund ChildLine
- Just by raising awareness of all the problems they tackle, and of the charity

Match the words

Bullying

Offering unpaid help

Confidential

Terrorising

Shelter

Protection/somewhere to live

Fundraise

Extra

Further

Raise money for some project

Volunteering

private

Complete the definitions

1. A person who has nowhere to live is called
2. If you are in trouble call.....
3. If you help without paying you are a
4. A person whose work is to give advice is a
5. A place where you can hide is called a
6. Money granted for some needs are called a.....

**Keeping
happy and
safe**

