Are you sad or scared?

Is someone hurting you?

Tell someone

Are you frightened of people you should trust?

It's not your fault

If you don't feel safe and don't know what to do we want you to contact Childline and they will help. Please call on **0800 1111** or visit **Childline.org.uk**

You have done nothing wrong. It's ok to talk to an adult you trust and ask for help.

Diogelu Gwent
Gwent Safeguarding

childline
ONLINE ON THE PHONE ANYTIME

Cadw plant yn ddiogel

Childline is a free, confidential service for you people under the age of 19.
Whatever you're worried about, you can contact us, 24/7 on **0800 1111** or **childline.org.uk**