

To access the resources below scan the QR CODE or click VIEW WEBSITE

CEOP



Report online child sexual exploitation, abuse and inappropriate communications.

[View website](#)

Report Remove



Report Remove can support you in reporting sexual images or videos shared online and enables you to get the image removed if it is illegal.

[View website](#)

Childline



A free and private confidential services where you can talk to a trained counsellor about anything.
T: **0800 1111**

[View website](#)

Samaritans



Listening and support to you & communities in times of need.
T: **116 123**
E: jo@samaritans.org

[View website](#)

Coram Voice



Support and information for children and young people on the edge of care and care leavers.
T: **0808 800 5792**

[View website](#)

Shout 85258



A free, confidential 24/7 text messaging support service for anyone who is struggling to cope with emotional well-being. Text: **SHOUT to 85258**

[View website](#)

Kooth



Online emotional well-being and support community.

[View website](#)

The Mix



Free and confidential support for under 25's.
T: **0808 808 4994**
Text: **The Mix to 85258**

[View website](#)

CEOP



Advice about staying safe when you're on phone, tablet or computer.

[View website](#)