



You know me. I live upstairs.

You know me. I never smile back.

You know me. I hide my bruises.

You Know me. Help.

When you think a child needs help,  
talk to us. We're here 24/7. It's free  
and you don't have to say who you are.

Call **0808 800 5000** or visit  
**[nspcc.org.uk/helpline](https://nspcc.org.uk/helpline)**





You know me. I live next door.  
You know me. Dirty and hungry.  
You know me. I'm always left alone.

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