



KEEPING YOUR
CHILD SAFE
INFORMATION
FOR PARENTS
AND CARERS



Find out about the
NSPCC helpline and
Childline in Northern
Ireland and how we
can help you

WE'RE HERE 24/7

We understand the problems that children and families can face. Our helplines in Northern Ireland are open 24/7 to help you keep your child safe.

THE NSPCC HELPLINE

Our NSPCC helpline is for adults wanting help, advice and support. You can contact us for any help with parenting, such as advice on coping with your child's behaviour or keeping them safe online.

You can also contact us if you're worried that a child is being abused (sexually, physically or emotionally) or neglected.

You don't have to say who you are.

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How to get in touch

It's free to contact us.

Call **0808 800 5000**

Email **help@nspcc.org.uk**

Text **88858**

Or talk to us online at

nspcc.org.uk/help

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What to expect

- Your call will be answered by a friendly person on switchboard who will ask you a few basic questions.
- If you're calling us because you're worried about a child or need parenting advice, you'll then be connected to a helpline counsellor.
- A helpline counsellor will listen to your concerns, offer support, and ask questions so that they can fully understand the situation.
- The counsellor will then give you advice on what to do next.





CHILDLINE

Childline is a free, 24/7 service for children and young people who are 18 or under.

We give young people a safe place to talk about things like family problems, bullying, abuse, self-harm and depression. Problems that children often feel they can't talk to anyone else about.

If you think your child or another child might benefit from talking to Childline, you can let them know the information below.

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How to reach Childline

Children can contact us for free, 24/7. Calls are confidential and won't appear on a phone bill.

Call **0800 1111**
Visit **[childline.org.uk](https://www.childline.org.uk)**

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What to expect

- When a child calls, they will get through to a friendly person on switchboard.
- They will then be connected to an experienced counsellor.
- A counsellor will listen to the child, let them talk about their situation, ask questions and offer support.
- While Childline is confidential, if we believe a child is in immediate danger, we may pass on information to social services or the police.



CONTACT OUR HELPLINES

NSPCC helpline

If you're worried about a child, even if you're unsure, contact our professional counsellors 24/7 for help, advice and support.

Call **0808 800 5000**

Email help@nspcc.org.uk

Text **88858**

Childline

If you're 18 years or under, you can talk to us about anything that's worrying you. We're open 24/7 and talking to us is totally free.

Call **0800 1111** or visit our website at childline.org.uk where you can have a 1-2-1 chat online or send an email to one of our counsellors.

If a child is in immediate danger, please contact the police on 999



Keeping People Safe

