

**ALTERNATIVE SOURCES OF
HELP, ADVICE & SUPPORT**

CHILDLINE
Free helpline for young people
0800 1111
www.childline.org.uk

BULLYINGUK
Advice for all types of bullying
080 800 2222
www.anti-bullyingalliance.org.uk

THINKUKNOW
Guide on internet safety and safe surfing
www.thinkuknow.co.uk

**HOW DO I CONTACT
SOMEONE?**

MY WELFARE OFFICER DETAILS

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