



Telephone Support Lines for Children

Who can Help?	What Do They Do?	What Topics Can They Help With?	How Can They be Contacted?
INSPIRE Students	INSPIRE provides advice on how to help and support pupils/ students.	Mental Health Alcohol and Drugs Money Exams Relationships Identity	02890328474
Childline	Childline provides support and guidance on multiple topics including:	Bullying You and your body Home and Family Relationships School	0800 1111 www.childline.org.uk 1-2-1 counsellor chat
NSPCC	Advice on safeguarding and child protection issues and somewhere to report concerns Web support for teenagers	Safeguarding Child abuse Child protection	08088005000 www.there4me.com
Cara-Friend/ LGBT Switchboard NI	Support and counselling for the Gay, Lesbian and Transgender communities	LGBTQ+ advice Sex and relationship advice	08088000390