



Hi, I'm Buddy,

You can find me if you need me on the ChildLine website.



We're here to listen - if you are worried about anything you can talk to us. No problem is too big or too small.

What can ChildLine help me with?

If you are feeling sad, upset, stressed or just want someone to talk to we can help.

You can speak to ChildLine about anything.

ChildLine counsellors will understand the sort of problems you might be worried about and won't judge you.

How can I talk to ChildLine?

You can speak to a counsellor at ChildLine in different ways. You can:

- Call 0800 1111 at anytime, for free.
- Send a question to Sam via our website
- Have a chat online with a counsellor
- Send ChildLine an email

To have a chat online with a counsellor or to send us an email, you will need to [sign up to ChildLine](#) (which is very simple - we just ask you for a username, nickname, password and a question in case you forget your password).

Confidentiality

Confidentiality means not telling anyone else about what you've said. We always want to keep contact with ChildLine confidential, which means you can feel safe talking to us, knowing that no one else will find out.

If we are very worried about your safety or the safety of others, we will talk to you about whether other people need to know. ChildLine will only do this if we feel it's an emergency and we will talk to you about this first.

