



When you call **0800 1111** you'll get through to a counsellor. They're there to listen and support you with anything you'd like to talk about. Or you can have a 1-2-1 counsellor chat online.

Calls are free from landlines and mobiles in the UK, and they won't show up on your phone bill. Even if you don't have credit on your mobile phone, you can still call for free.

Calls are not recorded and the number won't show up on any phone bills. Counsellors write some notes about what you tell them. Childline is confidential, which means they will only tell someone else if:

- you ask us to
- we believe your life or someone else's life is in danger
- you're being hurt by someone in a position of trust who is able to hurt other children like teacher, religious leader, sports coach, police officer or doctor
- you tell us that you're seriously hurting another person
- you tell us about another child who's being hurt and is not able to tell someone or understand what is happening to them
- we're told we have to by law, for example for a court case.