

My name is Mrs Grimshaw and I work in the office at Mesne Lea. In my spare time, I also volunteer as a ChildLine Counsellor, as I see how worry can affect children and young people.

Most people misunderstand what Childline offers - which is:

- **Listens** to children and young people
- **Supports** children and young people by helping them to find ways to cope with their feelings and worries

All the counsellors are super friendly and really care.

Whatever you may want to talk about, no matter how small it may seem, if it's important to you, it's important to ChildLine.

ChildLine is usually open all the time, 24/7, however at the moment it's open:

9.00 am to midnight

You may want to visit ChildLine's amazing website, www.childline.org.uk where you will find lots of advice and fun activities. You will also see that other young people may be feeling the same as you.

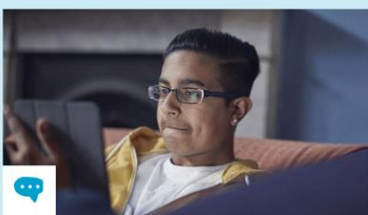
Here are the different ways to contact ChildLine:

CALL, CHAT ONLINE OR EMAIL US



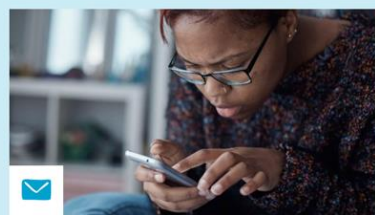
Call free on 0800 1111

The quickest way to get through. You can call on any phone for free and it won't show on your bill.



Log in for a 1-2-1 counsellor chat

Chat with a counsellor in a safe space online about whatever is worrying you.



Send an email

Send an email from your Childline locker. We'll try to reply within 24 hours, but it might take longer.

ChildLine is confidential, please click here for details
www.childline.org.uk/about/confidentiality-promise

Make contact - ChildLine is here to help!