

**Anti Bullying Helpline and Websites**  
**(Updated November 2012)**

**National Bullying helpline**

Tel: 0845 22 55 787

<http://nationalbullyinghelpline.co.uk/>

**Childline**

Tel: 0800 1111

[www.childline.org.uk](http://www.childline.org.uk)

**Beat Bullying**

[www.beatbullying.org](http://www.beatbullying.org)

**Anti Bullying Alliance**

[www.anti-bullyingalliance.org.uk](http://www.anti-bullyingalliance.org.uk)

**Cyber Mentors**

[www.cybermentors.org.uk](http://www.cybermentors.org.uk)

**Kidscape**

Tel: 08451 205 204

[www.kidscape.org.uk](http://www.kidscape.org.uk)

**Contact a Family**

Tel: 0808 808 3555

[www.cafamily.org.uk](http://www.cafamily.org.uk)

**Family Lives**

Tel: 0808 800 2222

[www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)

**Anti Bullying Network**

[www.antibullying.net](http://www.antibullying.net)