



# Cyberbullying support

There is a lot of support available for anyone experiencing cyberbullying.

The most important thing is to talk to someone:

- Talk to your parents, carers or someone in your family
- Talk to a teacher or someone in school you trust
- Talk to a friend

Here are a few organisations that can help:

**NSPCC**  
**0808 800 5000**

**ChildLine**  
**0800 1111** 

  
NATIONAL  
BULLYING  
HELPLINE  
**0300 323 0169**