

Tower Hamlets Anti-Bullying Helpline

**Support and Advice
Monday-Friday
3.30pm-6.00pm**

A confidential local
service for children,
young people, parents
and carers.

Call

0800 1216 753*



* Free from landlines.
Your mobile phone
operator will charge for the
call but we can call you back
if you give us your number.

Are you being bullied?
Are you a bully who wants
to change?
Are you a parent or carer
worried about a child?

The first step to beating the bully is talking to someone else about it; our helpline workers are here to listen to you.

We offer advice and support to young people and the parents and carers of young people who are being bullied or bullying someone else.

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