Worried?

Sometimes things happen that make us feel worried, scared or upset. It might be online, at home or through church.
Find out how we can help you.
• We will listen
• You will be believed
• We will help you

www.rochester.anglican.org/safeguarding/for-children

If you need to speak to someone contact Childline on 0800 1111, but if you are in immediate danger, please call the police on 999.