

Has your child's behaviour changed?

Do you know what your child is doing online?

Is your child secretive?

Worried about bullying?

Worried about your child's friends?

Worried about substance abuse?



See reverse for advice organisations that can help you

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GENERAL SUPPORT

Childline chidline.org.uk Tel: 08001111
NSPCC nspcc.org.uk

SUBSTANCES

CADAS [cadas.co.uk substances](http://cadas.co.uk/substances)
FRANK [talktofrank.com drugs](http://talktofrank.com/drugs)

MENTAL HEALTH & WELLBEING

MIND mindlinecumbria.org
KOOH kooth.com

BULLYING

SPIRAL spiralcumbria.org.uk

EMOTIONAL SUPPORT

YOUNG MINDS youngminds.org.uk

PARENTING ADVICE

FAMILY LIVES familylives.org.uk

POLICE SUPPORT

northccp@cumbria.police.uk
westccp@cumbria.police.uk
southccp@cumbria.police.uk



Cumbria Police Child Centred Police Teams putting children first