



**Some useful websites to access support**



friends  
should make you  
**SMILE**

Sometimes friendships have problems.  
We've got advice to support you →

## HOW ARE YOU FEELING?

Good

Okay

Excellent

Bad

Horrible

Stressed

Depressed

We want to know what's making you feel good.

Post on our **Good days** message board

Get creative with our **Art box**

Plan **your future**

## ADVICE RIGHT NOW

Parents, carers, family members...

# if you need us we're here.

Call Parentline NI today for advice, support or guidance.

**FREEPHONE**



**0808 8020 400**

Parentline NI is a service operated by Children in Northern Ireland & Relate NI. Funded by the Health and Social Care Board.



**DEALING WITH TANTRUMS**

A hand holding a smartphone with a timer icon and a phone number on the screen. The timer icon is a white circle with a vertical line through the center and a small '2' at the top. The phone number '0808 80204' is visible on the screen. The background is a solid yellow color.

**TWO MINUTE  
TUESDAYS**

**STAYING CALM IN THE STORM**

Available on  
the  
**ParentlineNI**  
website

## Watch our Speak out Stay safe assembly at home

Watch our assembly at home to help your kids understand they have the right to be safe and what to do if they feel worried or scared.



1 in 5 children in the UK have suffered abuse or neglect. That's why we've been visiting primary schools across the UK and Channel Islands to teach children about what's OK and not OK, and that they can always speak to a trusted adult or to Childline about anything that worries them.

Last year we visited over 7,000 schools and spoke to over 1.6 million children. With schools closed, we've not been able to deliver our Speak out Stay safe assemblies.

So we created a virtual assembly for parents, carers and kids to watch together at home:

[Home](#) > [What we do](#)

## Helping families



## Every child should grow up feeling loved and supported

We provide a range of services to help and support families across the UK, working with organisations and professionals so that children get the best start in life.

### Find out more



#### [Mental health and emotional wellbeing](#)

**IT'S NORMAL TO FEEL SAD,  
STRESSED, CONFUSED, SCARED  
OR ANGRY DURING A CRISIS.**



**TALK TO PEOPLE YOU TRUST, SUCH  
AS FRIENDS AND FAMILY OR YOUR  
FELLOW COMMUNITY MEMBERS.**