

# 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](http://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.

 Diocese of  
Rochester

