

# Worried?

Sometimes things happen that make us feel worried, scared or upset. It might be online, at home, school or through church.



Find out how we  
can help you.

- We will listen
- You will be believed
- We will help you



Your local church's safeguarding  
officer is:

If you are in immediate danger, please call  
the police on 999.

 Diocese of  
Rochester

