

# Experiencing bullying?

**0808 800 2222**

**askus@familylives.org.uk**

**Live chat**

**www.familylives.org.uk**

**If you need to talk,  
we're here for you.**

Call us on our free confidential helpline, email us or use our live chat service for advice, information and support on any aspect of bullying.

**Helpline opening hours:**

Mon - Fri: 9am - 9pm




Sat - Sun: 10am - 3pm


**Live chat opening hours:**

Mon - Fri: 10.30am - 9pm

**We build better family lives together**

**www.familylives.org.uk**

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**INVESTORS IN PEOPLE®**  
We invest in people Standard

