

Tower Hamlets Anti-Bullying Helpline

Support and Advice

A confidential local service for children, young people and parents.

Are you being bullied?

Are you a bully who wants to change?

Are you a parent or carer worried about your child?

0800 1216 753*

Monday-Friday, 3.30pm-6.00pm

* Free from landlines. Your mobile phone operator will charge for the call but we can call you back if you give us your number.

