

**Whatever you tell us at  
Runaway Helpline, we'll listen and  
offer support. Not judge or tell you  
what to do. It's your call.**

**We're here before, during and after you run away.  
Free. Confidential.**

Call or Text:

**116 000**

Email:

[116000@runawayhelpline.org.uk](mailto:116000@runawayhelpline.org.uk)

Online chat & website:

[www.runawayhelpline.org.uk](http://www.runawayhelpline.org.uk)

**It's your call.**

