

# Experiencing bullying?

We can support you through our free national helpline, WhatsApp message, live online chat and email support.

**Helpline:** 0808 800 2222

**WhatsApp:** 07441 444125

**Live chat:** [www.coramfamilylives.org.uk](http://www.coramfamilylives.org.uk)

**Email:** [askus@coramfamilylives.org.uk](mailto:askus@coramfamilylives.org.uk)

**We build better family lives together #WeAreCoram**

[www.coramfamilylives.org.uk](http://www.coramfamilylives.org.uk)      @coramfamilylives