

Are you being bullied?

Bullying takes many forms and can have a big impact on our mental health and wellbeing.

Understanding bullying

Bullying can take many forms, and all of them can have a serious impact on our mental health. It isn't just physical—like hitting or pushing—but can also be verbal, such as insults, name-calling, or threats. Social bullying is when someone is deliberately excluded, gossiped about, or embarrassed in front of others. Then there's cyberbullying, which happens online through messages, posts, or social media, and can feel impossible to escape. No matter the type, bullying can lead to anxiety, depression, and low self-esteem. If you're experiencing bullying, it's important to reach out—talk to someone you trust, like a teacher, family member or friend. And if you see someone else being bullied, speaking up or offering support can help more than you realise.

Helpful tools

- Staying safe online
 - [CEOP](#)
 - [Childline](#)
 - [Kidscape](#)
- [Bounce Back](#)
- [Kooth](#)
- [Childline](#)
- [Samaritans](#)
- [Talk/Isle Listen](#)