

Lap and Chat

Childline
by ISPCC



For many, childhood days are full of joy and laughter, but for others, they can be very challenging.

Childhood and school going years can be full of joy, excitement and discovery, but they are not without challenges.

The degree of worries and concerns, that children and young people experience varies

Access to trusted, FREE services and supports is vital.

Childline is here for **all** children and young people and we want to ensure they know that.

By listening, supporting, and empowering them, we strive to ensure they are better equipped to face life's ups and downs and to reach their full potential.

No concern or worry is too small or too big to reach out for support.



Why We Need Your Help

Each year, up to **70%** of our funding needs to be raised from donations. We need to continually fundraise to provide our suite of services and supports.

To ensure our 24hr support line is available 24/7, 365 days, **€12,000 is needed each day.**

Alongside our FREE 24hr support line, we provide **Childline Therapeutic Supports, Digital Self-Care programmes** for children and young people experiencing low to moderate anxiety, and a **library of self-help resources and topical information on [childline.ie](https://www.childline.ie)**

We are always on, always here, whenever a child or young person needs support, however they choose to reach out.



3,681

Were on the CAMHS waiting list in August 2024
HSE September 2024

100K+

contacts answered annually
Childline 24hr support line

40%

of adolescents reported levels of depression

49%

of adolescents reported levels of anxiety

My World Survey 2 - The National Study of Youth Mental Health Ireland



Fundraising can be fun, educational and rewarding!

We want everyone to **get involved** so that much needed **awareness and funds are raised** and we can continue to ensure children and young people always have somewhere to turn.

What is Lap and Chat?

Pair up with a friend in your class and take a few laps around your yard, school or P.E hall. During your lap, chat about what is on your mind and may be worrying you. And don't forget to listen to your friends worries during your lap.

Childline is a 24hr listening service for children and young people across Ireland. We are here to support you on any issue no matter how big or small- because **if it's BIG to you; it's BIG to us!**

Sometimes sharing your worries and chatting with a friend can help us feel better so why not take on the challenge this Spring!



Bullying

Anxiety

"You listen to me and I can talk to you about anything and for as long as I need. You help me a lot just by being there."
Emily, who contacted our 24hr Support Line

**Who Went
On Your
Lap and
Chat?**

**Where
Was Your
Lap and
Chat?**

**When
Was
Your Lap
and Chat?**



**What
Worries
Did You
Discuss?**



**What
Worries
Did Your
Friend
Discuss?**



**How Did
You Feel
After Your
Lap and
Chat?**



Why is it important to talk about your worries?

List Three Reasons

1.

2.

3.



Thank You

Thank you so much for considering fundraising for Childline. Together we can make a real difference for children and young people throughout Ireland.

Please get in touch with our fundraising team with any questions or to find out more: **01 234 2000** or **community@ispcc.ie**. We would love to hear from you.

For information on services and supports available for children and young people, visit **ispcc.ie**

Please share our Childline 24-hour Support Line details with children and young people in your care and let them know that we are here for them no matter what is on their mind.

Live online chat: [Childline.ie](https://www.childline.ie)

Phone: 1800 66 66 66