

You don't have to cope alone

These numbers are answered by people, not machines. Calls are anonymous and you do not have to give your name.

1 116 111

Helpline for children and young people in Poland. Open around the clock.

2 800 12 12 12

Children's helpline of the Ombudsman for Children.

3 116 123

Crisis helpline for adults.

4 800 100 100

Line for parents and teachers on children's safety.

5 112

Emergency number when life or health is at risk.

You do not have to give your name, your school or your address.

GDZIE SZUKAĆ POMOCY

116 111

children and youth

116 123

adults

112

emergency

usuwaniehejtu.pl

help and reporting



WESPRZYJ POMOC DLA INNYCH

Wpłaty przez stronę: usuwaniehejtu.pl/wesprzyj

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tytuł przelewu: Darowizna

