



Read the text and match the questions given with the answers.

One question is extra.

Q&A with ChildLine expert

1. What advice would you give to Newsround viewers who have problems?
2. Have you got any other advice for children with problems?
3. How many children phone ChildLine every day?
4. What are the biggest problems for eight- to twelve-year-olds?
5. What needs to be done to help all these children with problems?
6. How do children know if they're depressed and not just feeling a bit sad?

Families, bullying and feeling very sad are some of the main things children are calling ChildLine about. BBC spoke to Angie Brown from ChildLine to find out more and to ask what kids can do if they're upset.

- A.** One of the main things is family problems. A lot of children feel caught in the middle when their parents are separating. They feel they might be asked to make a choice about which parent they want to live with even if that's not the reality. Another family problem is that they don't get on with their brothers and sisters. Just because you are born into the same family does not mean you automatically get on!
- B.** The main thing we tell young children to do is to talk about their feelings. Not to keep it all to themselves. Children often feel that they can't talk to their parents in case they upset them. If they feel they can't talk to their parents, they can perhaps talk to ChildLine or a teacher or the mother of their best friend, for example.
- C.** Children don't use the word depressed. Children call ChildLine and say things like 'I'm feeling really down' or 'I'm fed up all the time and I don't know why'. Or 'I can't stop crying' or 'I just don't feel right'. Any child who thinks they have these problems should always talk about it to someone.
- D.** Children tell us all the time that there's not enough counselling (консультирование). And that is the key in dealing with children's mental health problems. A counsellor can understand whether they might need specialist help or if they just need help to sort out one problem. So we think the government should give more money to provide more counselling for children.
- E.** If you feel desperate, one thing I like to say to children is that: 'You never know what tomorrow is going to bring'. Yes, it could be something worse but it could be something which is so much better. My biggest message for children is to make sure they talk about their problems and not store them up. They should talk to someone they trust.

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