

Building Connections

Building Connections is an online service from [The National Society for the Prevention of Cruelty to Children \(NSPCC\)](#) for young people up to the age of 19, helping them to find a way through loneliness. Young people work with a trained befriender, who guides them and helps build confidence each step of the way. This is delivered via 11 sessions on a secure messaging platform. They can support you with:

- **Transitional periods:** such as moving to a new school or area.
- **Emotional health:** including stress, lower self-esteem, social anxiety, low mood or social isolation.
- **Friendship issues and bullying:** struggling to make or maintain friends or experiencing bullying or cyberbullying.
- **Sense of otherness:** For example, because of how your friends or peers react to your sexual or gender identity, race, religion or other protected characteristics.

There may be other support available and each young person is reviewed individually.

To use this service you need an internet connection, email address and should have a quiet, private space to attend sessions with a befriender.

[Any professional or volunteer can make a referral.](#) Before making a referral to Building Connections you must get the young person's consent. Parents or carers must also give their consent if the young person is under 18.

[Watch their information video for professionals.](#)

Last updated: June 12, 2024

Website: <https://learning.nspcc.org.uk/services/building-connections>

Email: buildingconnections@nspcc.org.uk

Website 2: <https://learning.nspcc.org.uk/services/building-connections/make-a-referral>

Twitter: <https://twitter.com/NSPCCLearning>

Facebook: <https://facebook.com/NSPCC>

Youtube:

https://www.youtube.com/watch?embeds_referring_euri=https%3A%2F%2Flearning.nspcc.org.uk%2F&s

Opening Hours: Monday to Friday 8am to 8pm

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