

# In Loco Parentis

In Loco Parentis is recommended for ages 14+, as it contains content and explores themes that some people may find upsetting.

If you are affected by the themes, need support or know someone who may need support, the following organisations may be of use:

**NSPCC:** The UK Children's Charity

[nspcc.org.uk](https://nspcc.org.uk)

**T: 0808 800 5000**

**Childline:** Support and Advice for Children

[childline.org.uk](https://childline.org.uk)

**T: 0800 1111**

**Refuge:** National Domestic Abuse Helpline for women and children.

[refuge.org.uk](https://refuge.org.uk)

**T: 0808 2000 247**

**Family Lives:** A National Family Support Charity

[familylives.org.uk](https://familylives.org.uk)

**T: 0808 800 222**

**Adoption UK:** For adoptive parents, prospective adopters or anyone with a connection to adoption.

[adoptionuk.org](https://adoptionuk.org)

**T: 0300 666 0006**