

NEWS

Help4U: A new digital platform to support young people facing online sexual abuse

A European initiative providing children and professionals with trusted access to information, protection, and support

Publish date 18 Nov 2025

A new digital platform, Help4U, developed by Europol and [CENTRIC](#), has been launched to support children and teenagers facing sexual abuse or online harm. Designed to be simple, private, and accessible, Help4U supports young people with finding trusted advice, understanding their rights, and connecting with people who can help. The platform offers clear, practical guidance for anyone under 18 who needs help, as well as information for parents, teachers, and professionals supporting them.

“

Catherine De Bolle
Europol Executive Director

Children and young people deserve to be safe and supported both online and offline. Help4U gives them - and those who protect them - clear, reliable information and access to help when it is most needed. This platform is a tangible example of how European cooperation can make a real difference for victims.

”

“

Professor Babak Akhgar
Director of CENTRIC

We are proud to work with Europol and our European law enforcement agency partners to build Help4U – a platform that places young people’s safety, privacy, and trust at its core. By combining digital innovation with the voices and experiences of young people themselves, Help4U offers a safe, accessible way for them to find help and be heard. This initiative represents how research, technology, and co-creation can come together to protect children and strengthen Europe’s collective response on harm against children.

”

Built with young people in mind

What sets Help4U apart is its strong focus on accessibility. The platform lets young people choose how they want to receive support – whether by reading, chatting, or locating a nearby service. All content is

written in clear, age-appropriate language so it is easy to understand and use.

Finding the right help, however, is not always straightforward, as navigating the range of available services can be challenging. For young people who have been victimised, the search can feel overwhelming, especially when they are distressed, feeling vulnerable, or unsure where to turn. Many may not feel ready to speak to someone directly and will first look for information online. Providing accessible, accurate resources at that moment is crucial: it empowers them to take the next step towards getting the support they need.

Help4U also connects young people to professionals who can listen, advise, and guide them towards safety and recovery.

A Europe-wide effort

Help4U began as a pilot project between Belgium, Germany, Ireland, the Netherlands and Slovenia, has since expanded to also include Bulgaria, Cyprus, Croatia, Greece, Hungary, Italy, Portugal, Spain and Romania, with more countries expected in 2026 and beyond.

Help4U was developed in close collaboration with experts from psychology, education, IT, data protection, law enforcement, and academia. By uniting national efforts under one platform, Help4U strengthens Europe's response to online sexual abuse and ensures that support reaches those who need it most.

Because everyone deserves to be safe - and heard

If someone is making you feel uncomfortable online, sharing your photos without permission, or asking for things that don't feel right - Help4U is here for you.

Help4U is a safe place to start - to find answers, reach out, and take back control.

Visit the [Help4U website](#) to learn more, get advice, or ask for help.

Participating authorities

- Belgium: Federal Judicial Police (Belgische federale gerechtelijke politie / Police judiciaire fédérale belge)
- Bulgaria: General Directorate for Combating Organized Crime (Главна дирекция „Борба с организираната престъпност“)
- Croatia: Ministry of the Interior (Ministarstvo unutarnjih poslova)
- Cyprus: Cyprus Police (Αστυνομία Κύπρου)
- Greece: Hellenic Police (Ελληνική Αστυνομία)
- Germany: Federal Criminal Police Office (Bundeskriminalamt)
- Hungary: National Bureau of Investigation (Nemzeti Nyomozó Iroda)
- Ireland: An Garda Síochána
- Italy: Italian National Police (Polizia di Stato)

- The Netherlands: National Police (Politie)
- Portugal: Public Security Police (Polícia de Segurança Pública), Judicial Police (Polícia Judiciária)
- Romania: General Inspectorate of Romanian Police (Inspectoratul General al Poliției Române)
- Slovenia: Police (Policija)
- Spain: Guardia Civil (Guardia Civil), National Police (Policía Nacional)



The European Multidisciplinary Platform Against Criminal Threats ([EMPACT](#)) tackles the most important threats posed by organised and serious international crime affecting the EU. EMPACT strengthens intelligence, strategic and operational cooperation between national authorities, EU institutions and bodies, and international partners. EMPACT runs in four-year cycles focusing on common EU crime priorities.

Email Alerts

Subscribe to receive an email when we publish content in the following categories.

[Already a subscriber? Manage your subscription.](#)

Metadata

Crime areas:

[Child sexual exploitation](#)

Keywords:

[EU Police Cycle \(EMPACT\)](#)

Document type:

Press Release/News

Article type:

Press Release

Participating Countries:

Belgium ● **Bulgaria** ● **Croatia** ● **Cyprus** ● **Greece** ● **Germany** ● **Hungary** ● **Ireland**
● **Italy** ● **Netherlands** ● **Portugal** ● **Romania** ● **Slovenia** ● **Spain**

Entities:

[European Cybercrime Centre \(EC3\)](#)