

How can I help someone in a gang?

It can be really worrying if you know someone who is in a gang and you want to help them. You don't have to cope with things on your own, you can [talk to a counsellor](#) to get help.

You could also try:

- letting the person know how you feel
- encouraging the person to think about their safety and their future
- [asking an adult for help](#), like a teacher or parent who you trust
- contacting [Gangline](#) for free advice and support from ex-gang members
- encouraging the person to [contact Childline](#)
- calling [999](#) if you think the person is in danger and needs urgent help.

Find out more about [helping a friend](#).

"When I wanted to get out of a gang I stopped taking calls or replying to texts from people in the gang. I also made sure my family said I was not at home when they came looking for me. After a short while, they got the message and stopped contacting me."

Ex-gang member

How can I leave a gang?

How you leave a gang can depend on what your position is within the gang. It's not always easy.

But it's possible to leave safely and without any problems.

You might worry that:

- other gangs might still see you as a rival and could try to harm you
- the people in your gang won't allow you to leave or will make it hard for you
- your family or friends could be targeted if you leave
- you won't have any friends or fit in any more
- you won't feel safe if you're not in the gang.

You may want to think about the positive things in your life and what you want [your future](#) to be like.