

ANNUAL REPORT ANAR HELPLINES 2025

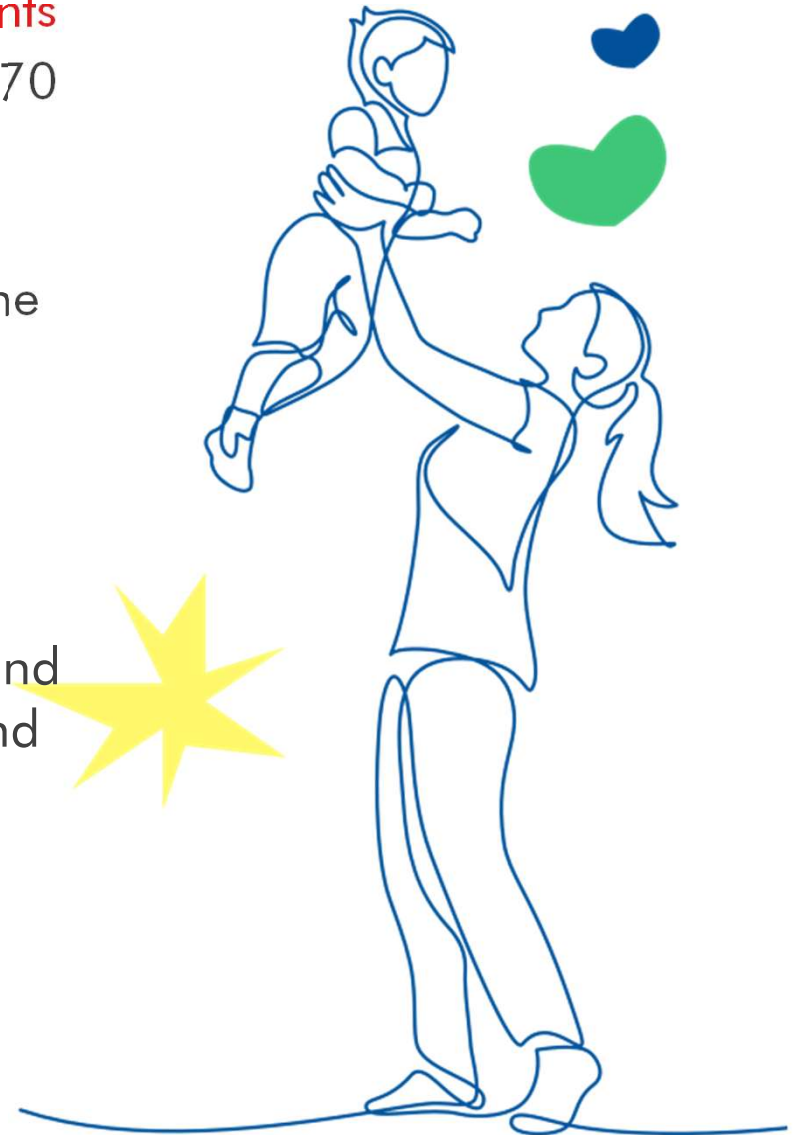
- ANAR Telephone to Help Children and Adolescents
- ANAR Telephone for Family and School Centres
- ANAR Chat

ANAR FOUNDATION



ANAR Foundation, to **Help Children and Adolescents at Risk**, is a non-profit organization founded in 1970 to guarantee the promotion and advocacy of the rights of children and adolescents within the framework of the United Nations Convention on the Rights of the Child.

Their mission is **help and listen** children and adolescents through their **Helplines** (ANAR Telephone, Chat and Email). **Prevent** through their **Studies and Research Center**. **Motivate** reflection and understanding with their workshops at **Schools**. And **shelter** minors in helpless situation at the **ANAR Foster Homes**.





ANAR TELEPHONE/CHAT 2025 REPORT



This **Report** is based on calls, chats and email contacts from children, adolescents, their families and other people around them that we have helped through the ANAR Helplines (Telephone, Chat and Email), during the **year 2025**.

The ANAR Studies and Research Centre has a unique database in our country, based on the **7,063,818 help requests**, from the children and adolescents that ANAR has helped **since 1994**.

For this reason, **we are the voice of children and adolescents**, and we want to share with society, through this report, what they have told us.

ANAR HELPLINES

How do they work?



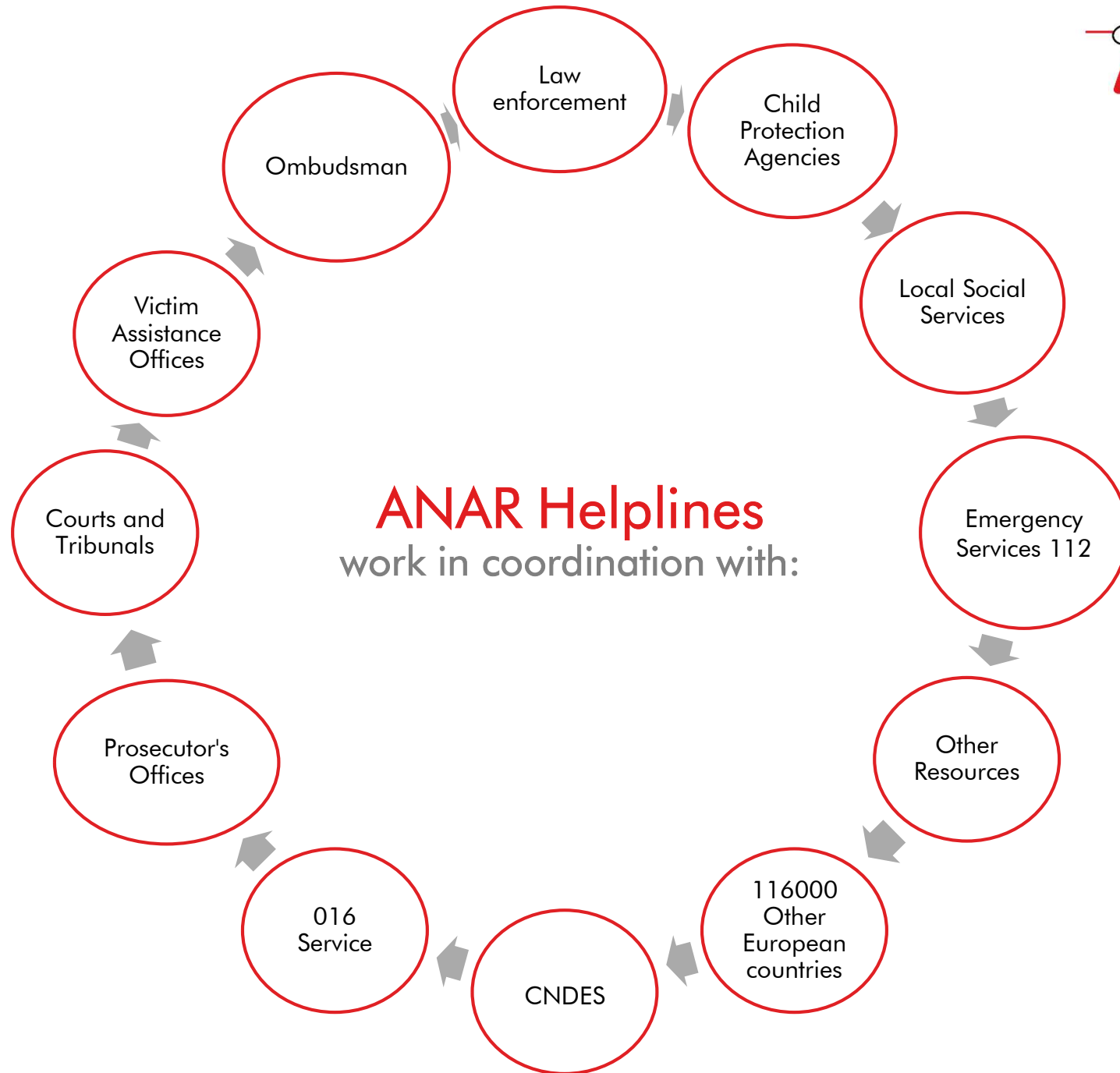
Care process

When we receive a call or help request:



Counselling levels

- 1 Psychological counselling**
We offer psychological counselling and seek together with the child and adolescent a solution to their problem, relying on their environment and / or reference figures (parents, grandparents, other family members, teachers, etc.).
- 2 Referral**
If the problem cannot be solved by the child or adolescent and his/her family, the child or adolescent will be guided and referred to the appropriate social, educational, health, police and/or legal resources in each case. For this purpose, ANAR has a Guide with 17,431 Childhood resources from all over Spain, with which it coordinates.
- 3 Intervention**
When no one in your environment can help you and there is a situation of risk or helplessness due to suicidal behaviour, abuse, sexual assault or any other emergency, we transfer the case to the competent agencies or authorities (Police, Guardia Civil, Emergency Health Services 112, Child Protection, etc.) and then we follow up.



ANAR HAS COLLABORATION AGREEMENTS WITH:

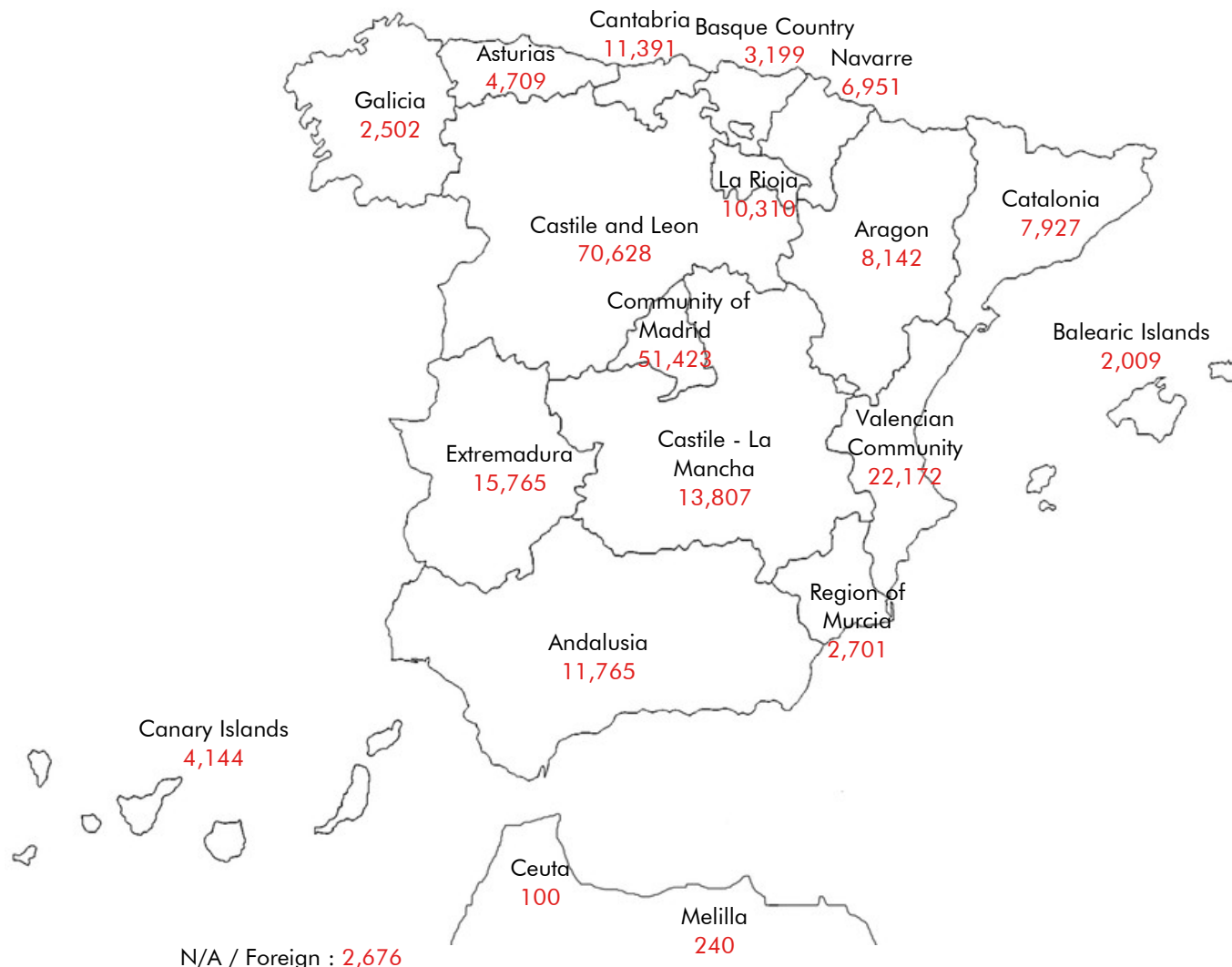


In the year 2025 we have helped
19,990 children and adolescents
throughout Spain. To provide the right
counselling, it was necessary to answer
252,561 help requests.



HELP REQUESTS THROUGH TELEPHONE/CHAT BY AUTONOMOUS COMMUNITY

252,561 Help requests answered from all over Spain

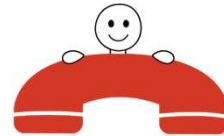


CHILD POPULATION IN SPAIN. NATIONAL INSTITUTE OF STATISTICS (INE) DATA (OCT. 2025)	
Andalusia	1,476,371
Aragon	214,762
Asturias	125,575
Balearic Islands	202,079
Canary Islands	316,222
Cantabria	84,960
Castile and Leon	326,295
Castile - La Mancha	357,397
Catalonia	1,338,739
Valencian Community	892,246
Extremadura	159,927
Galicia	361,796
Community of Madrid	1,167,109
Region of Murcia	301,034
Navarre	117,477
Basque Country	336,759
La Rioja	53,078
Ceuta	17,194
Melilla	20,300
Total	7,869,320

Among all the **ANAR HELPLINES**
we have answered **252,561*** help requests



900 20 20 10 / 116 111
ANAR Telephone for Children and
Adolescents
209,931



91 726 01 01 / 600 50 51 52
ANAR Telephone for Family and
School Centres
10,818



116 000
ANAR Telephone for Missing
Children Cases**
3,381



ANAR Chat
chat.anar.org/
18,010



ANAR Email
www.anar.org/email-anar/
2,564

(*) This figure includes the total number of requests for help from the ANAR Helplines, including the 9,869 corresponding to the Ministry of Education and Vocational Training's 900018018 Telephone Against Bullying and Abuse in the Spanish Educational System.

This figure includes the sum of help requests from missing children and/or adolescents from the 116 000 telephone number (1,369) and the rest of the ANAR helplines (2,012).

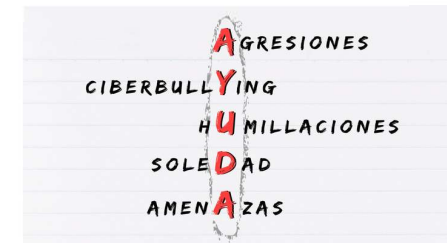
ANAR against Gender Violence and School Bullying



900 20 20 10

ANAR Telephone against Gender Violence
in Children and Adolescents

12,628 help requests



ANAR Help Requests
against School Bullying
20,779 help requests***

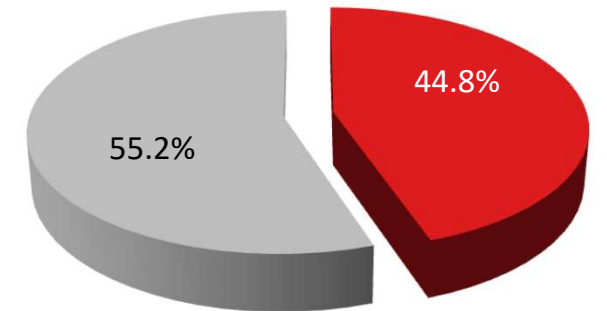
(***) This figure is the sum of the 9,869 help requests corresponding to the 900018018 telephone number and the 10,910 help requests from the other ANAR helplines.

19,990 CHILDREN AND ADOLESCENTS HELPED

Case: **19,990**

Each time a child, adolescent or adult contacts us for the first time, we open a file in our database, and we classify it as a case. Subsequent special counselling contacts made by that same child, adolescent or adult are incorporated into that file. That is why a case can have several contacts.

Cases helped by ANAR in 2025 (%)



HELP REQUESTS: **252,561**

■ Contacts from Children and Adolescents
■ Adult Contacts for Children and Adolescents

General Counselling: **222,261**

They require a less complex or more generic counselling, but very necessary to get them to trust our Helplines and tell us what really worries them. Whenever possible, we do prevention. They usually raise some doubt or information about the service, calls of approaches, silences, hang up, ask for very specific information about some external resource and other situations that, not necessarily being real, are usually reasons for concern that they do not dare to raise in any other way (e.g., My friend's problem). They are a necessary step to get to the real cases.

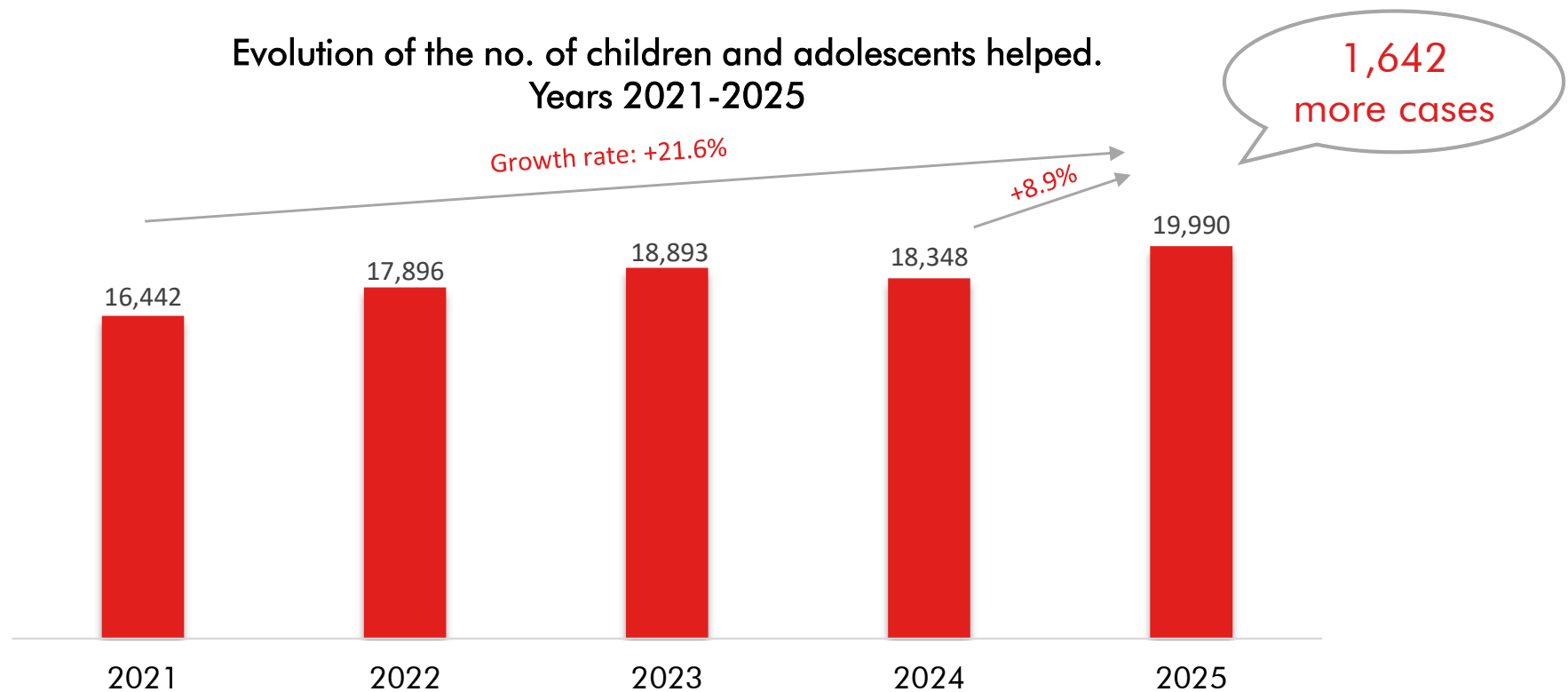
Special Counselling: **30,300**

They require psychological and/or legal and/or social assessment and counselling. In most cases, these orientations involve referral to an external resource (the one that is appropriate for the specific case, such as, for example, Security Forces and Corps, Child Protection Services, Social Services Centres, Emergency Services, Health Centres, Prosecutors, lawyers, psychologists, NGOs, etc.).

EVOLUTION OF CASES HELPED

In 2025 we have helped **19,990 children and adolescents** in Spain who were at a risk situation, the 55.2% (11,044) through the contacts made by adults around them and the 44.8% (8,946) directly by the minors.

In the last five years there is been an increase of **+21.6%**.



REASONS FOR CONTACT AND EXPERTS' ASSESSMENT



Reason for contact
Children, adolescents and adults who contact us explain their reasons for contact

The psychologist's team of ANAR Helplines analyses and explores all the different related areas combined and...



Associated problems with Children and Adolescents



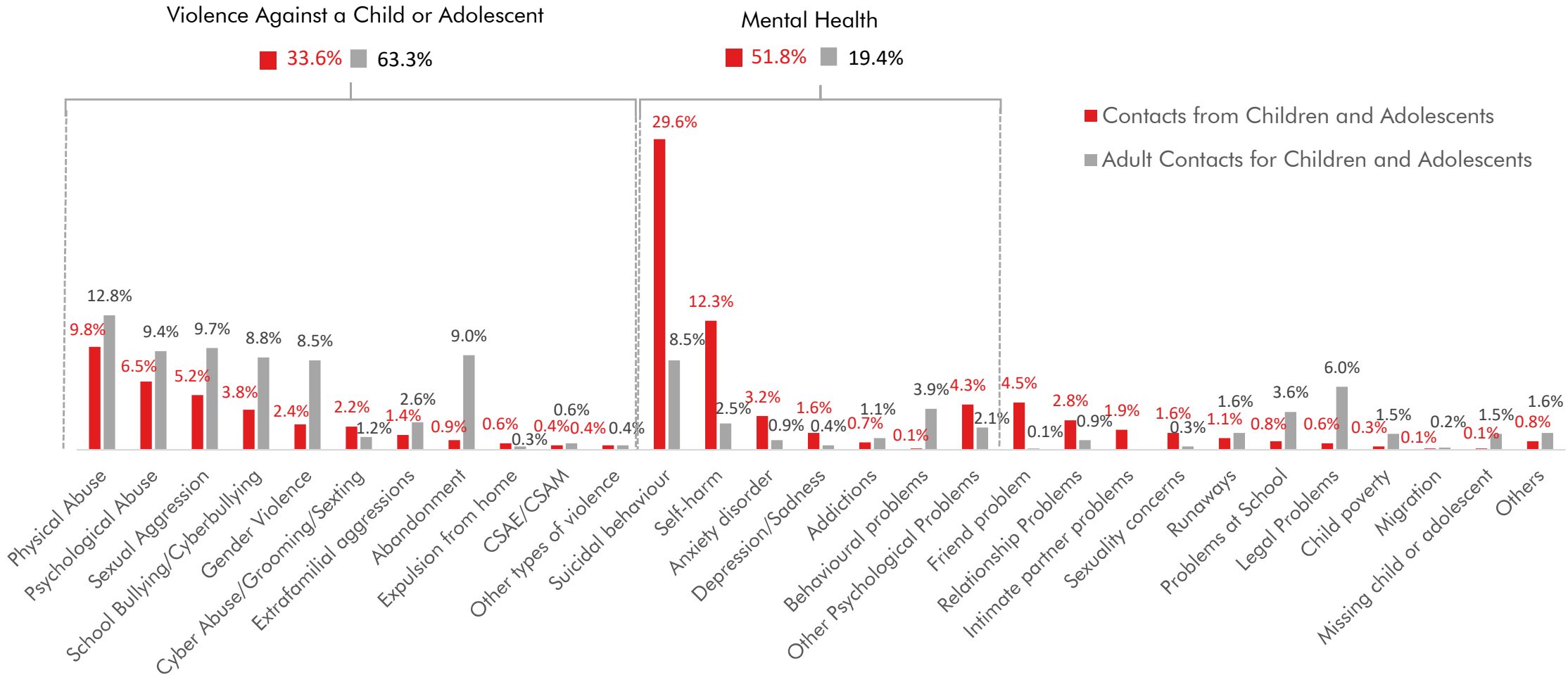
Problems from the environment, in the child and adolescent's family



...after analysing all the problems raised, we arrive at the ...

Technical Assessment
Carried out by ANAR's team of expert psychologists.

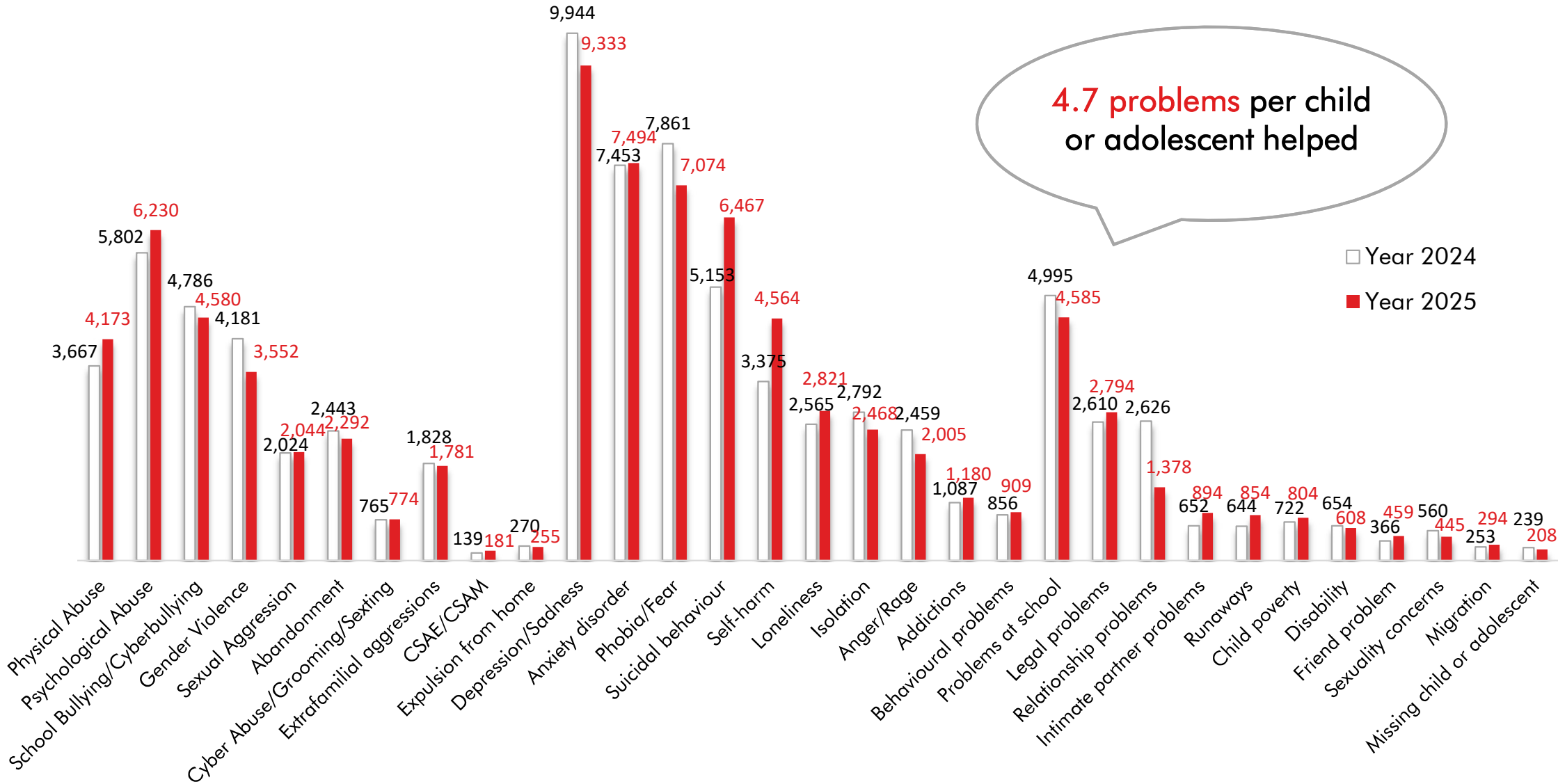
REASONS FOR CONTACT ACCORDING TO PROFESSIONAL'S ASSESSMENT 2025 (%)



Base: All cases handled in 2025 by the Child and Adolescent Hotline, Family and School Hotline, ANAR Chat, ANAR Email and the Missing Children's Hotline.

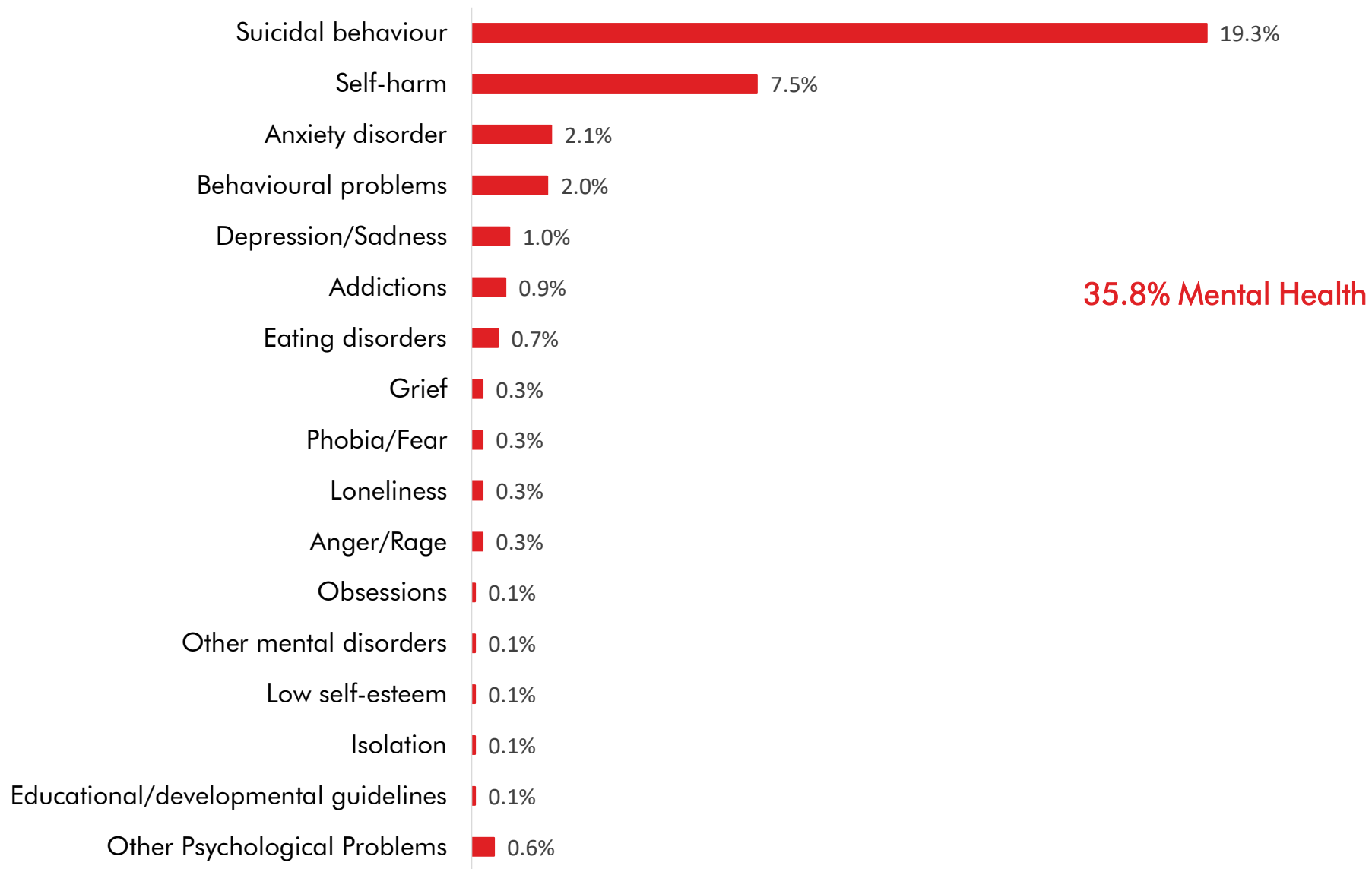
* CSAE (Child Sexual Abuse and Exploitation) / CSAM (Child Sexual Abuse Material)

19.990 CHILDREN AND ADOLESCENTS HELPED SUFFERED 94,704 PROBLEMS*



*Distribution of the main problems identified in assisted cases. Years 2024 and 2025 (absolute no.)
Base: 19,990 cases of children and adolescents. The same case may have several problems.

MENTAL HEALTH IN CHILDREN AND ADOLESCENTS (%)



Base: All cases handled in 2025 by the Child and Adolescent Hotline, Family and School Hotline, ANAR Chat, ANAR Email and the Missing Children's Hotline.

PROBLEMS PRESENT IN THE FAMILY ENVIRONMENT (%)

OTHER PROBLEMS DETECTED IN THE CASES WE ATTEND TO



Violence against a Child or Adolescent

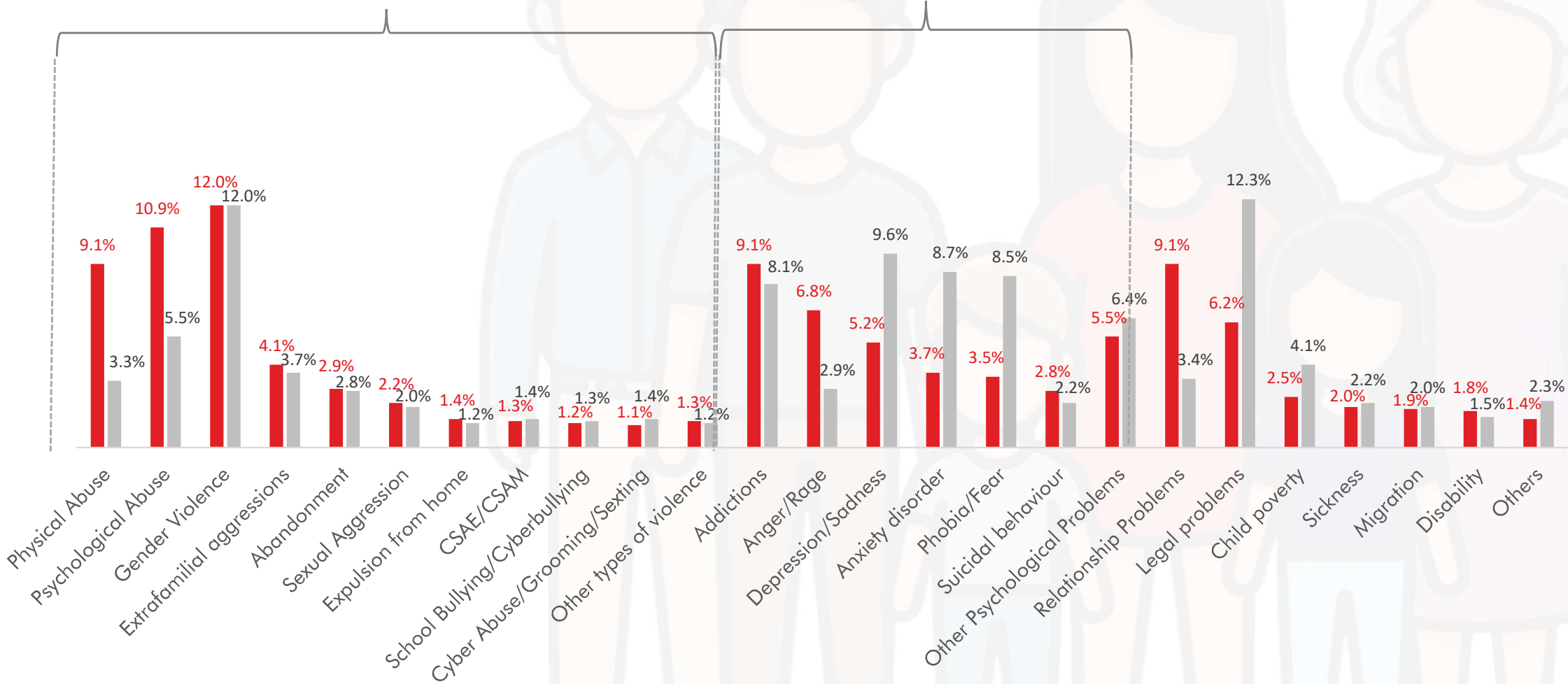
■ 40.5% ■ 28.8%

Mental Health

■ 36.6% ■ 46.4%

■ Contacts from Children and Adolescents

■ Adult Contacts for Children and Adolescents

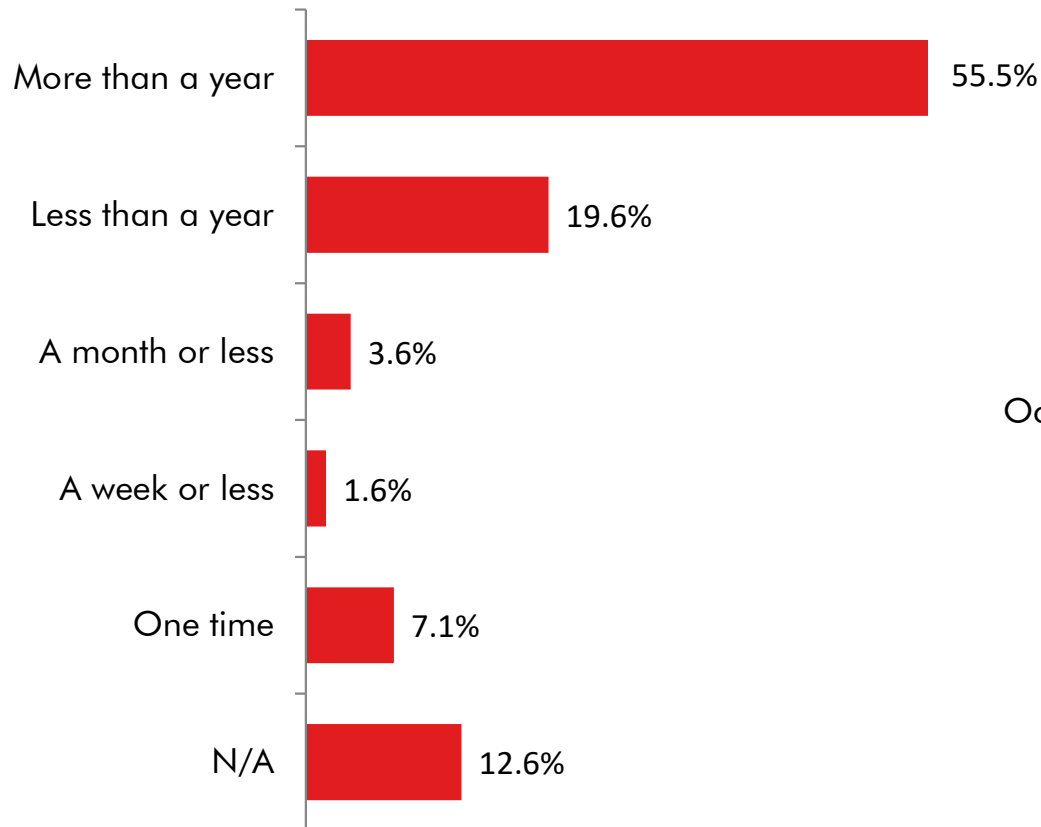


* Legal problems also include issues of separation, custody, visitation, foster care, guardianship and adoption.

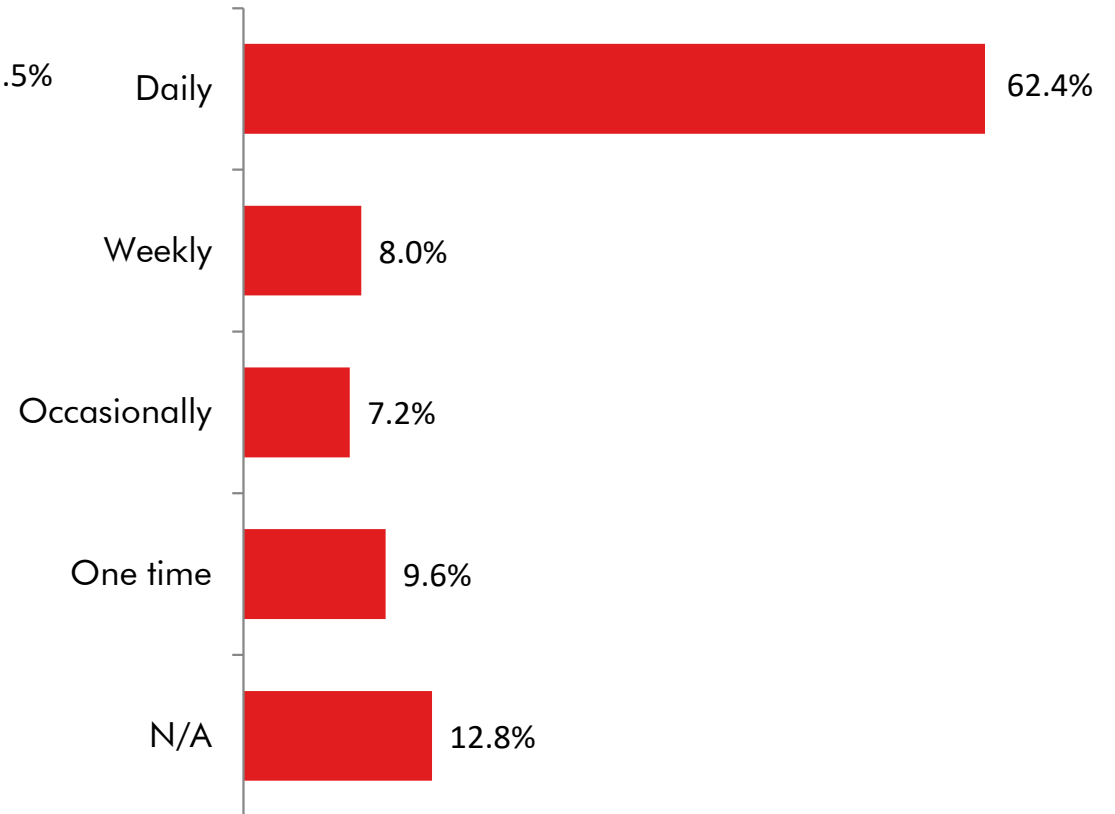
DURATION AND FREQUENCY OF THE PROBLEMS ADDRESSED IN 2025

In more than half of the attended situations, the problems children and adolescents suffer have been occurring for **more than a year (55.5%)** and in more than six out of ten cases, their frequency is **daily (62.4%)**.

Duration of the problem (%). Year 2025



Frequency of the problem (%). Year 2025



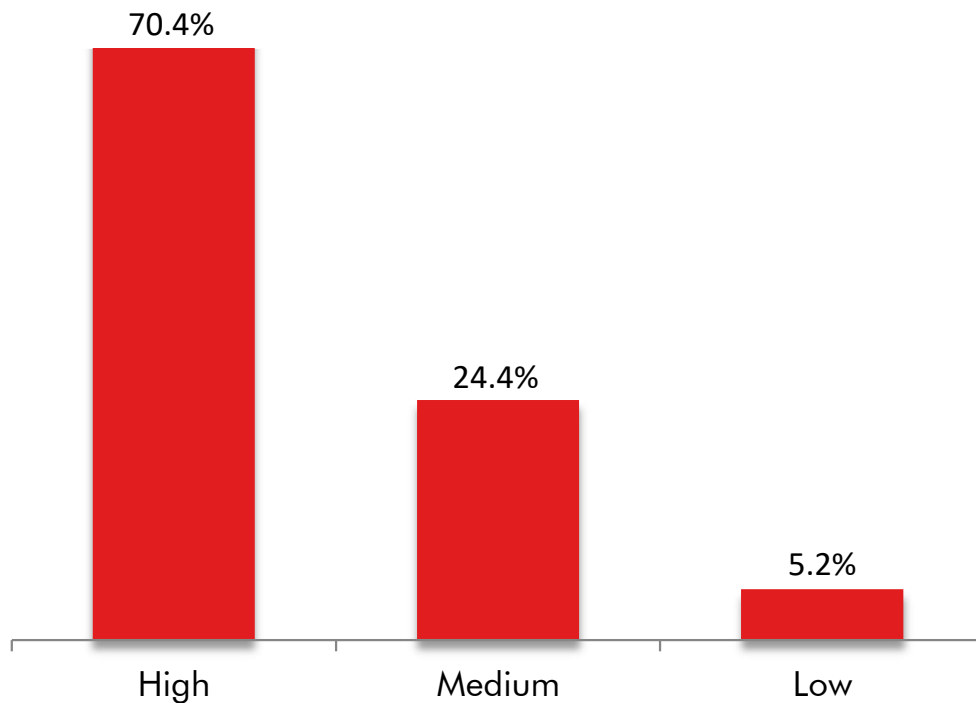
Base: Special Counseling Calls by all Helplines (phone, chat, email). Total = 30,300.

LEVEL OF URGENCY AND SEVERITY OF THE PROBLEMS ADDRESSED IN 2025

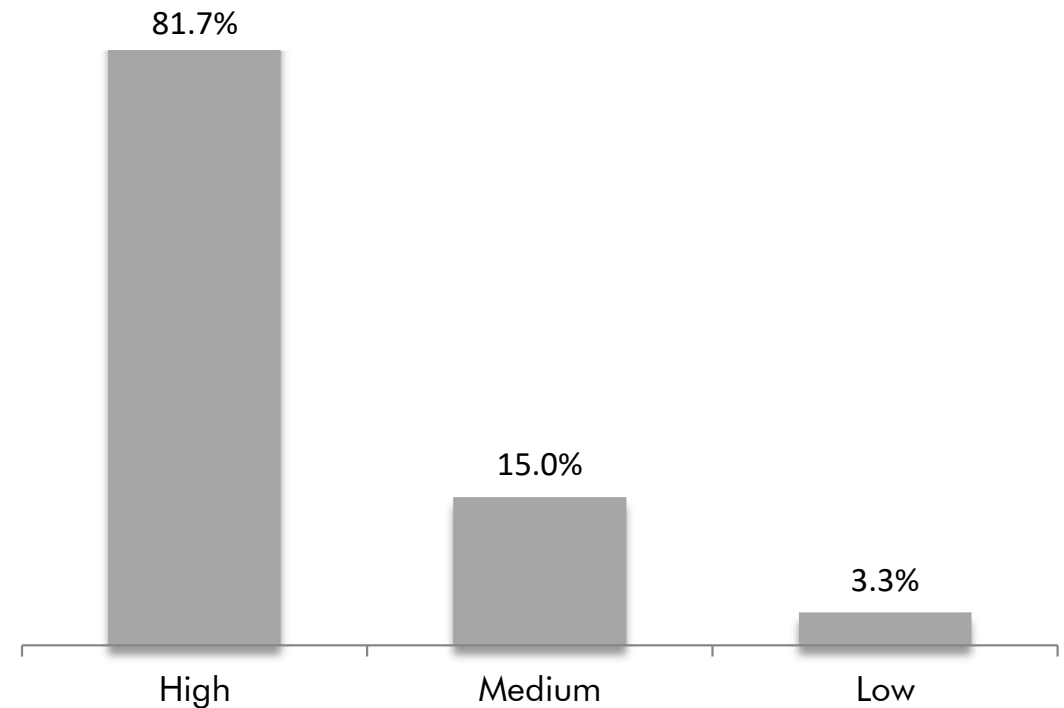


Most of the attended situations have a high complexity: **70.4%** has a **high urgency level** and the **81.7%** are problems of **high severity**.

Urgency of the problem (%). Year 2025



Severity of the problem (%). Year 2025



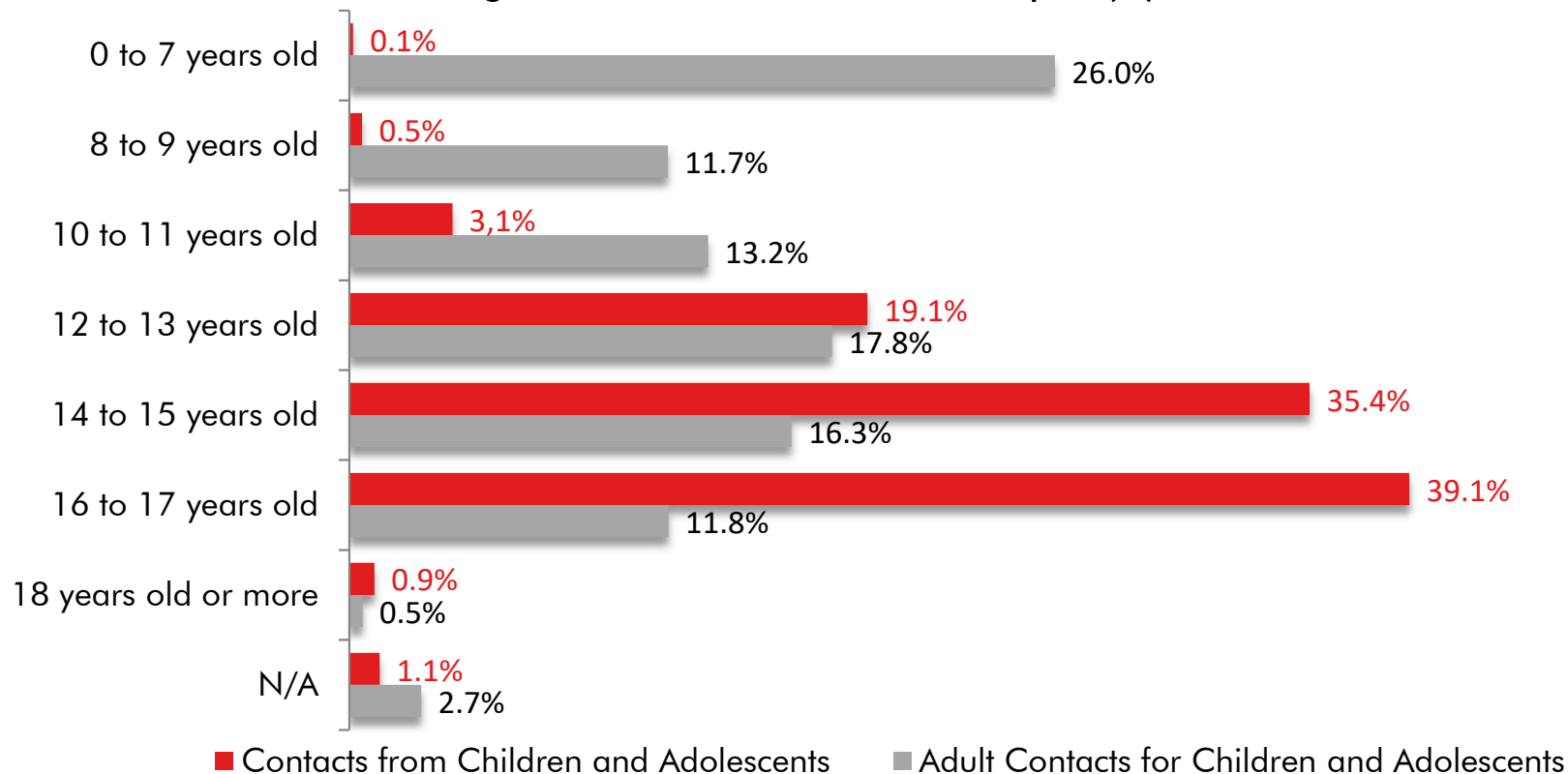
Base: Special Orientation Calls by all Helplines (phone, chat, email). Total = 30,300.

AGE OF CHILDREN AND ADOLESCENTS (%)

in 2025, ANAR Foundation once again reached children and adolescents of all ages through its different Helplines: **21.1% children, 27.4% pre-adolescents and 49.5% adolescents**. In 2% of the cases helped the age of the minor was not recorded.

The youngest children are attended mainly thanks to calls from adults in their environment, **37.7%** of them being children 9 years old or younger.

Age of the child or adolescent helped (%). Year 2025

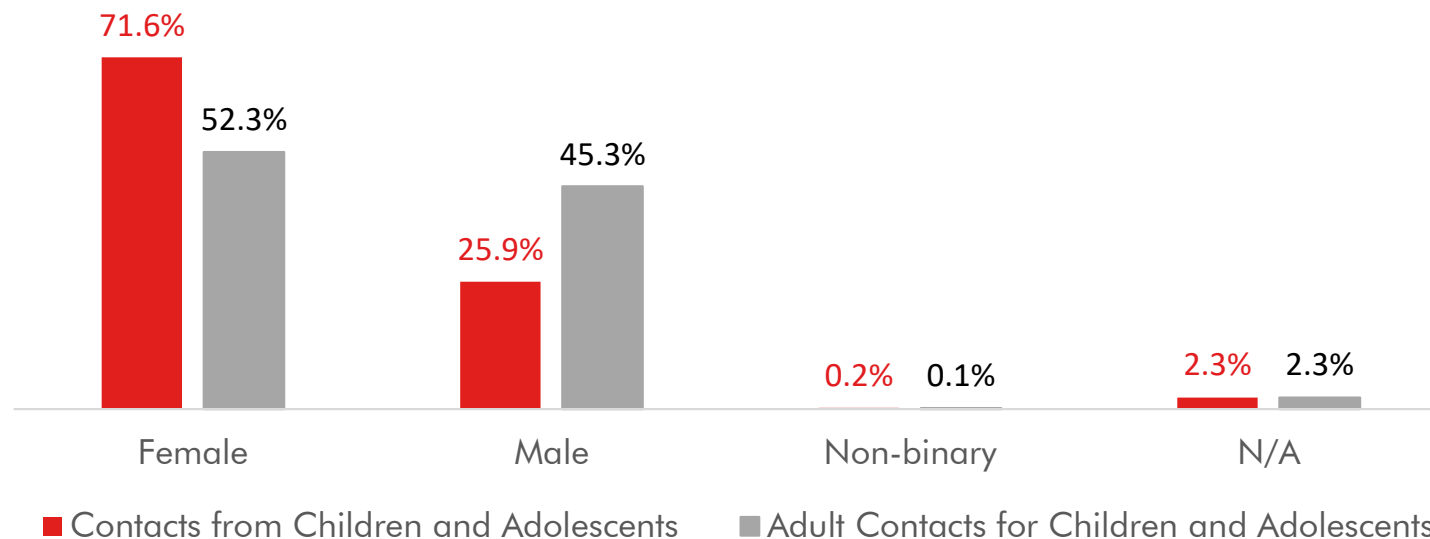


GENDER OF CHILDREN AND ADOLESCENTS (%)

Through the contacts made by children and adolescents, 7 out of 10 cases attended are by **female (71.6%)**, while **males** attend to a lesser extent **(25.9%)**. **0.2%** are non-binary and for **2.3%** there is no gender record.

Regarding the consultations made by adults, more than half **(52.3%)** are referred to **females** and four out of ten **(45.3%)** to **males**. In this case, the difference between the percentage of women and men is lower. **0.1%** are non-binary and for **2.3%** there is no gender record.

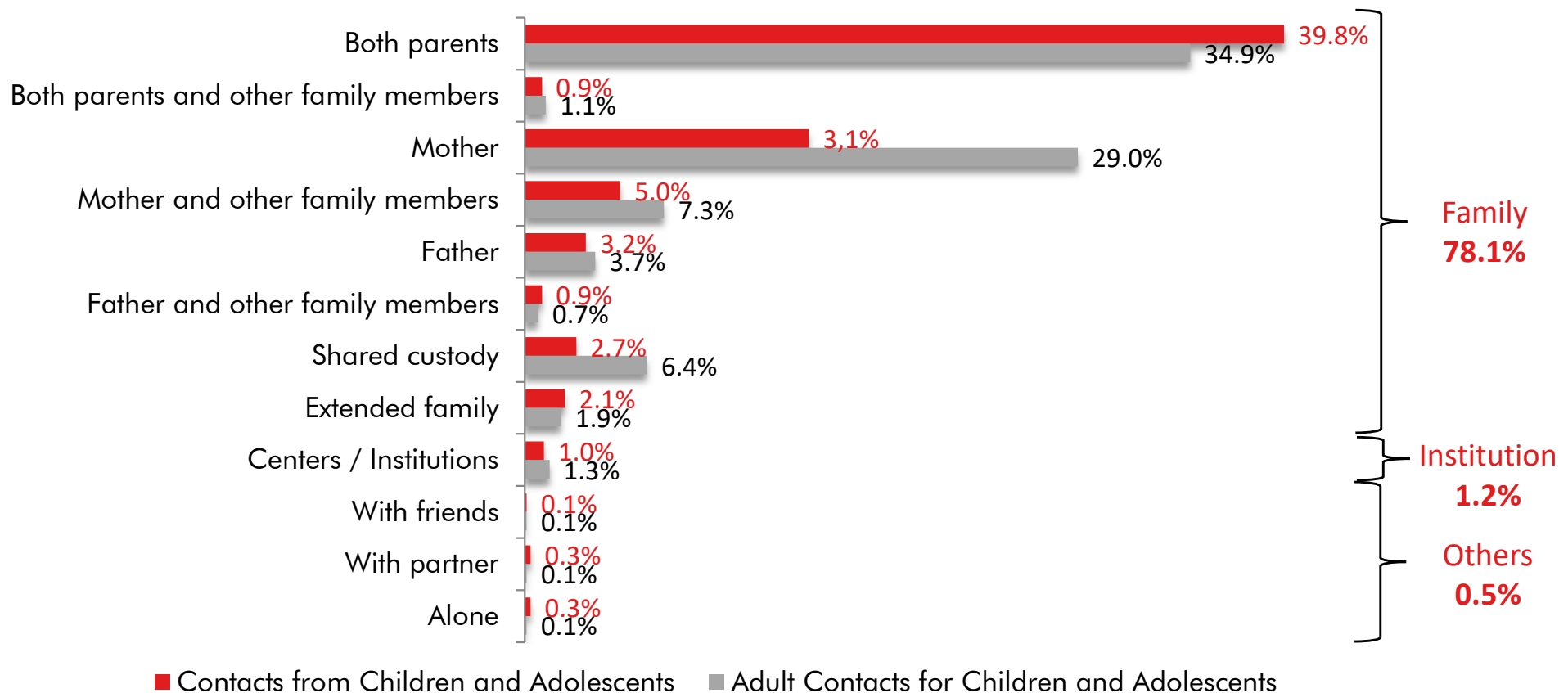
Gender of the child or adolescent helped (%). Year 2025



WITH WHOM CHILDREN AND ADOLESCENTS LIVE (%)

Seven out of ten cases attended (78.1%) live with a family member, especially those who live with both parents (37.1%). More than a quarter (26.2%) lives with one parent; 22.7% of them only with the mother and the 3.5% only with the father.

With whom the child or adolescent helped lives (%). Year 2025



Base: Total cases handled by Helpline (phone, chat, email): 19.990 cases.

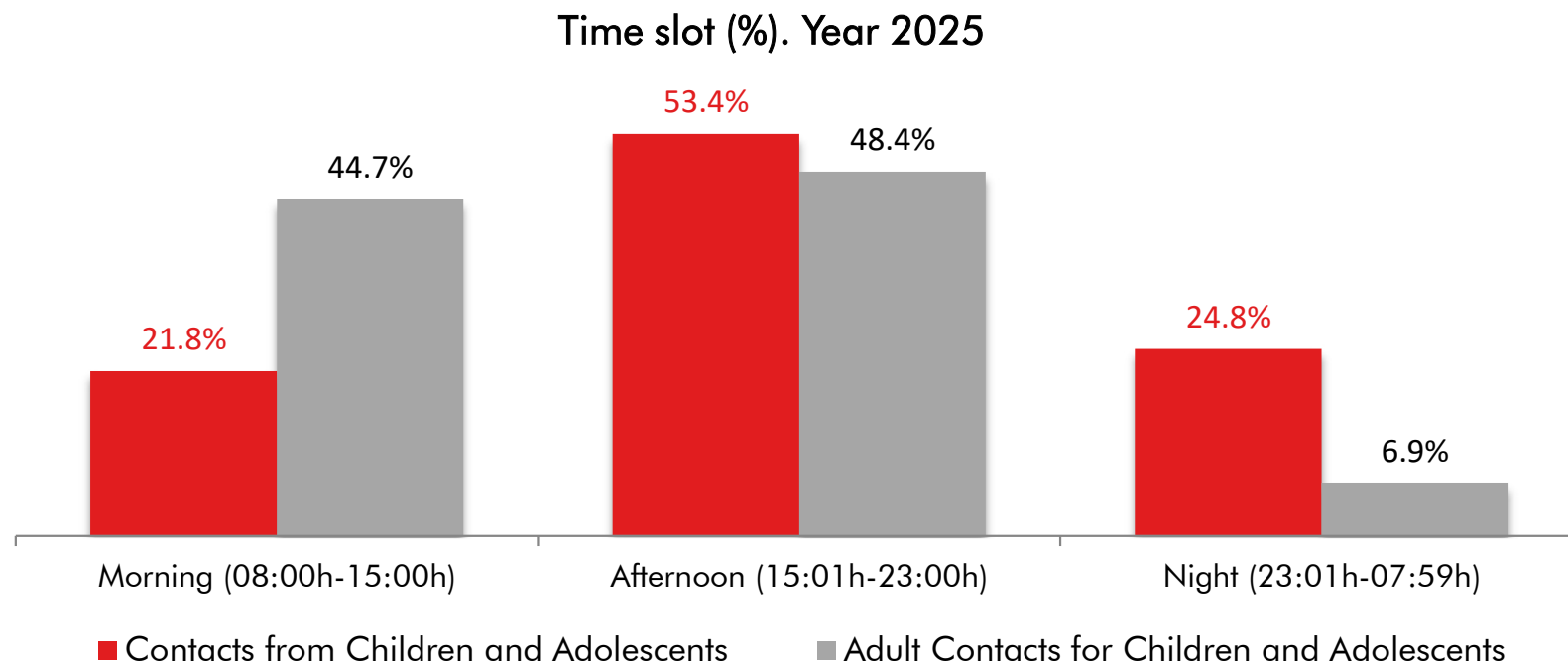
In 28.8% of cases of children and adolescents and in 13.4% of cases of adults, there is no record of who the child or adolescent lives with. There is no record about it for 20.2% of the cases for both Helplines together (minor and adult).

HOURS IN WHICH CONSULTATIONS TAKE PLACE (%)

The distribution of special orientation calls/chat at different times of the day explains the need for a **24h service**. All time slots are essential to deal with serious cases in which ANAR helps.

The afternoon is the most common time slot among children and adolescents (**53.4%**) as well as among the adults in their environment (**48.4%**), that take place between 15:01 and 23:00 hours of the day.

Compared to 2024, in 2025 calls from children and adolescents increase (**+5.9 percentage points**) and from adults (**+2.2 p.p.**) in the morning.

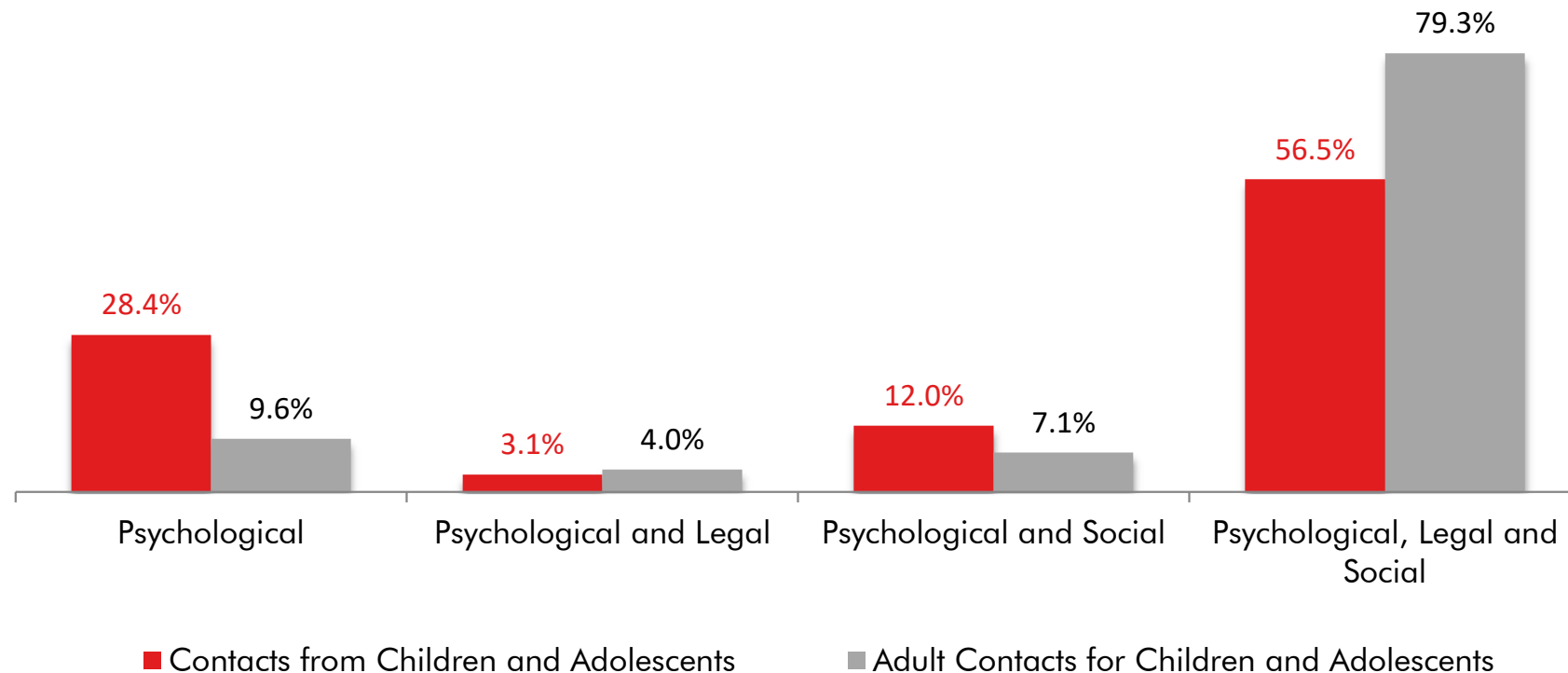


COUNSELLING PROVIDED (%)

The type of counselling required in seven out of ten calls answered by both Helplines (68.8%), was **Psychological, Legal and Social counselling**, the most complex we can provide, as it includes psychological counselling in addition to the assessment of our team of social workers and lawyers with referral to specialized resources.

Secondly, there is the “exclusively” psychological counselling (18.2%), thirdly the Psychological and Social counselling (9.4%) and fourthly the Psychological and Legal (3.6%).

Counselling provided (%). Year 2025



REFERRALS AND INTERVENTIONS MADE



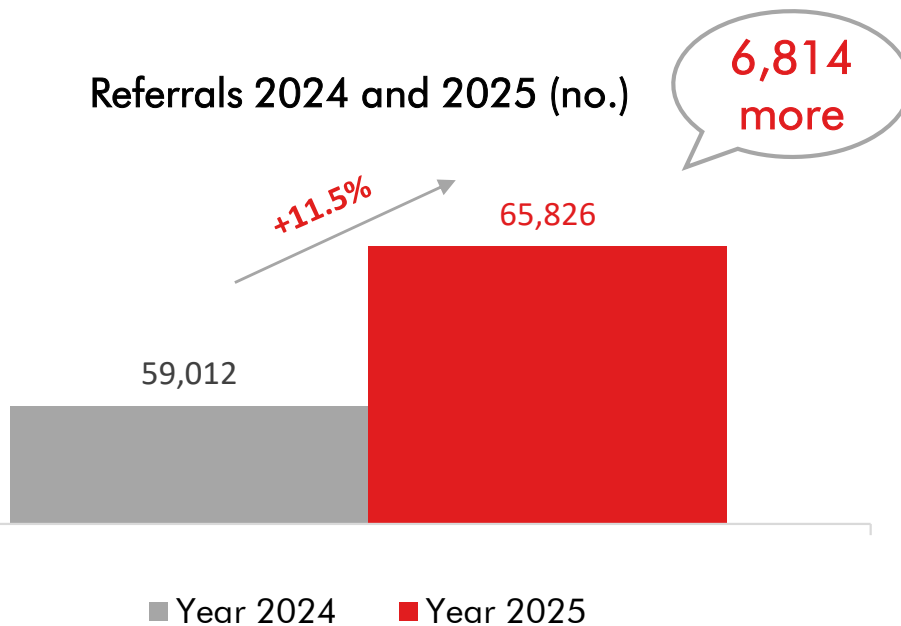
Referrals to legal and social agencies



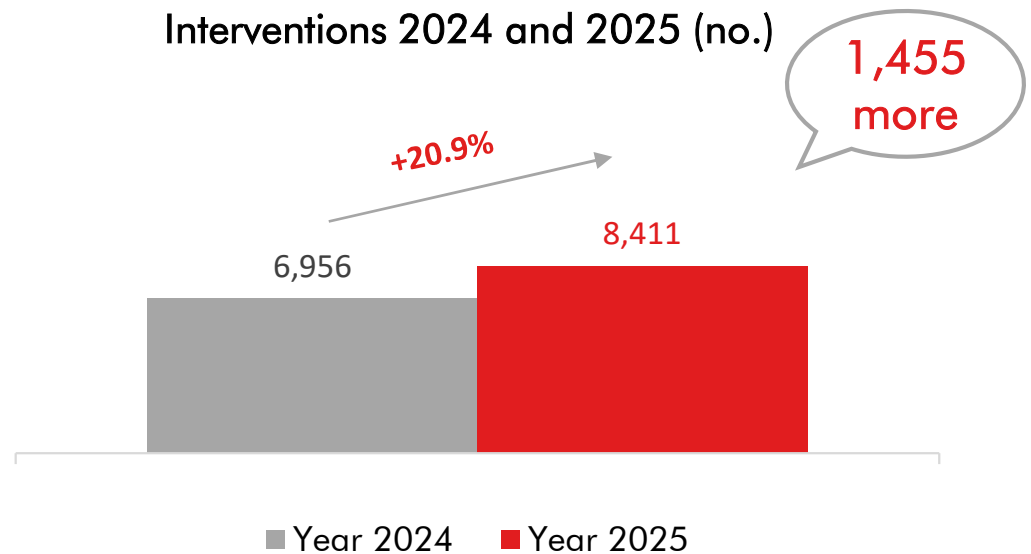
They required an immediate intervention:

- Security Forces and Corps: Civil Guard and National and Autonomous Regional Police
- Social Services and Children and Adolescents Protective Services

Referrals 2024 and 2025 (no.)



Interventions 2024 and 2025 (no.)



SOCIAL NATURE REFERRALS

In 2025, **40,555 referrals** were made to social nature external resources. Also, the **Social Department** of ANAR Foundation made **17,950 social advice consultations**.

SOCIAL RESOURCES	TOTAL
Emergency Services 112	9,963
Municipal Social Services	7,168
School Centres	6,805
Health and Specialty Centres	4,257
Psychological Therapy	2,589
Educational Inspection Services	2,546
Mental Health Centres	2,461
Hospitals	1,059
Gender Violence Resources	908
Official Colleges (COP, College of Social Workers)	465
Specialized Resources	407
PROYECTO LUZ - Sexual Aggression Resource	232
Child Protection Services	220
Telephones (Hope; International Child Helplines; Information: addictions, sexuality, eating disorders, etc.)	220
Sexual Aggression specialized Resources	184
City councils	177
Filioparental Violence specialized Resources	132
Resource #YOU COUNT# - School Bullying Resource	113
Parents Associations	106
School Bullying Resources	59
Youth Information Centres	58
Culture Centres, Libraries	54
CAI (Child Care Center)	52
Family Planning Centres / Young Sexuality Consultation	41
Specialized Unit for Adolescent Victims of Gender Violence	34
Social Emergency specialized Resources	33
International Social Services	25
CAF (Family Care Center)	20
Suicide/Self-harm specialized Resources	15
Other Public Entities	152
TOTAL	40,555

LEGAL NATURE REFERRALS

In 2025, **25,271 referrals** to legal nature resources have been made, **3,468 more than last year**.

Compared to last year, there is a high increase in referrals to Security Forces and Corps, 2,435 more; to Court, 502 more; to Victim Assistance Office of the Courts, 290 more; to Lawyer, 179 more; and to Prosecutor's Offices, 18 more.

LEGAL RESOURCES	TOTAL	
Security Forces and Corps (Civil Guard and National and Autonomous Regional Police)	13,310	↑ +2,435
Court	3,250	↑ +502
Victim Assistance Office of the Courts	2,905	↑ +290
Bar Association/Legal Counselling Service (SOJ)	2,870	↓ - 31
Lawyer	2,700	↑ +179
Prosecutor's Offices	98	↑ +18
Spanish Data Protection Agency	53	↓ - 10
Others	85	↑ +44
TOTAL	25,271	↑ +3,468

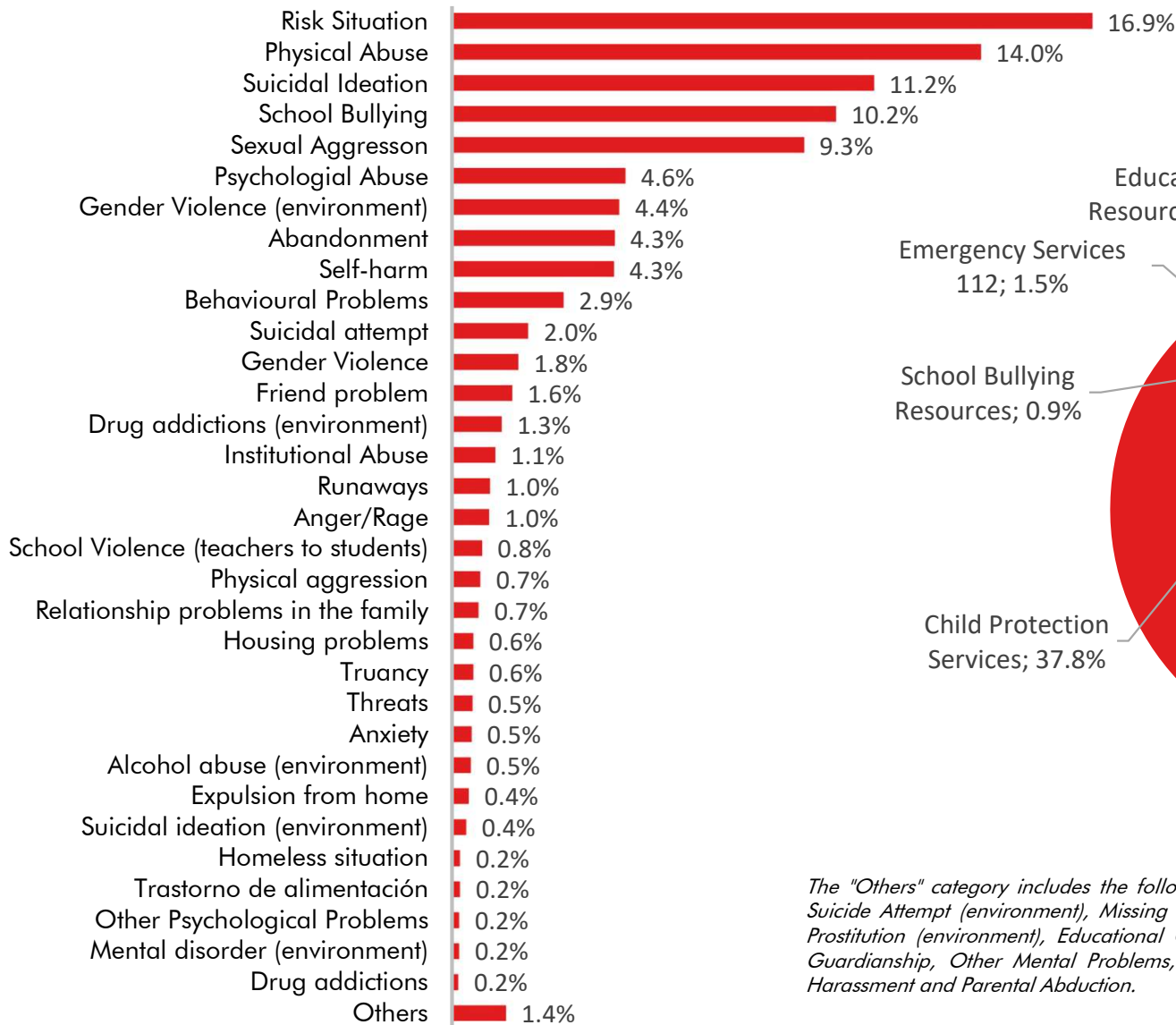
Also, the professionals of the Legal Department have provided **21,448 legal advice consultations**.

SOCIAL NATURE INTERVENTIONS OF ANAR TELEPHONE/CHAT

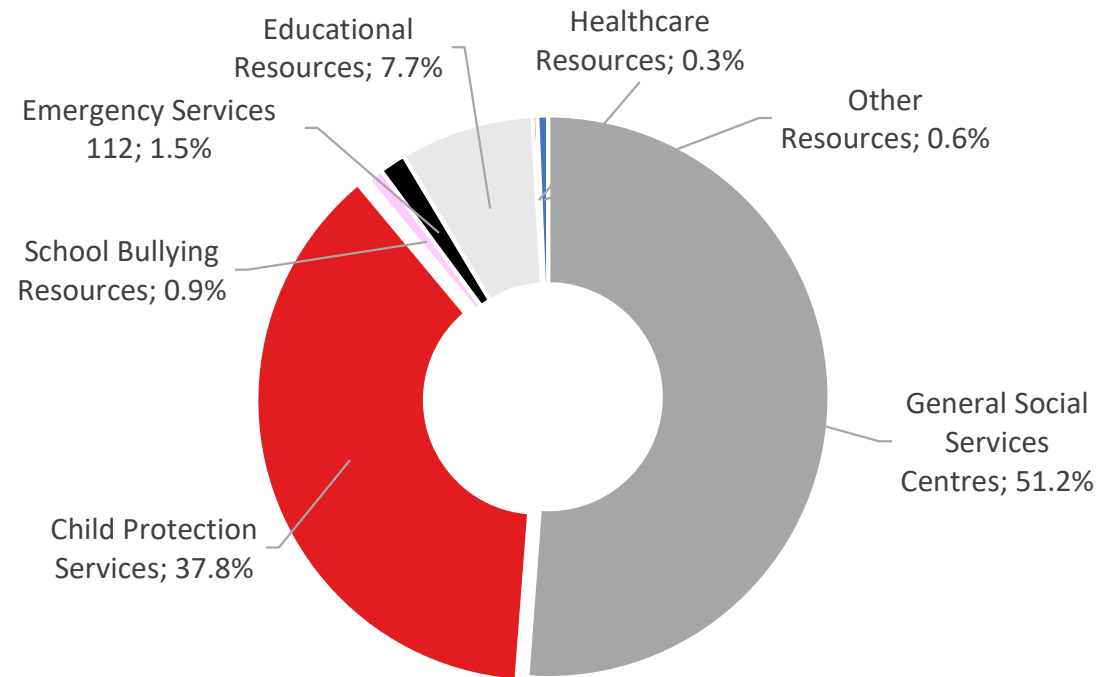


In 2025, ANAR Foundation intervened in contact with external resources in a total of **4,275 cases**.

REASONS FOR INTERVENTION



Agencies %

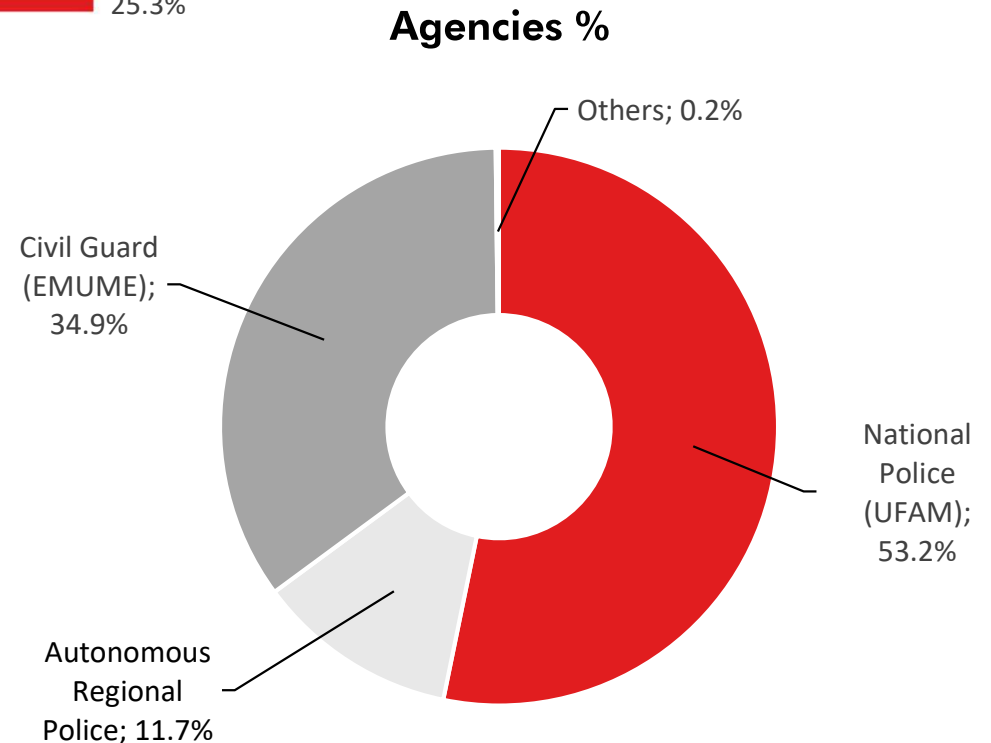
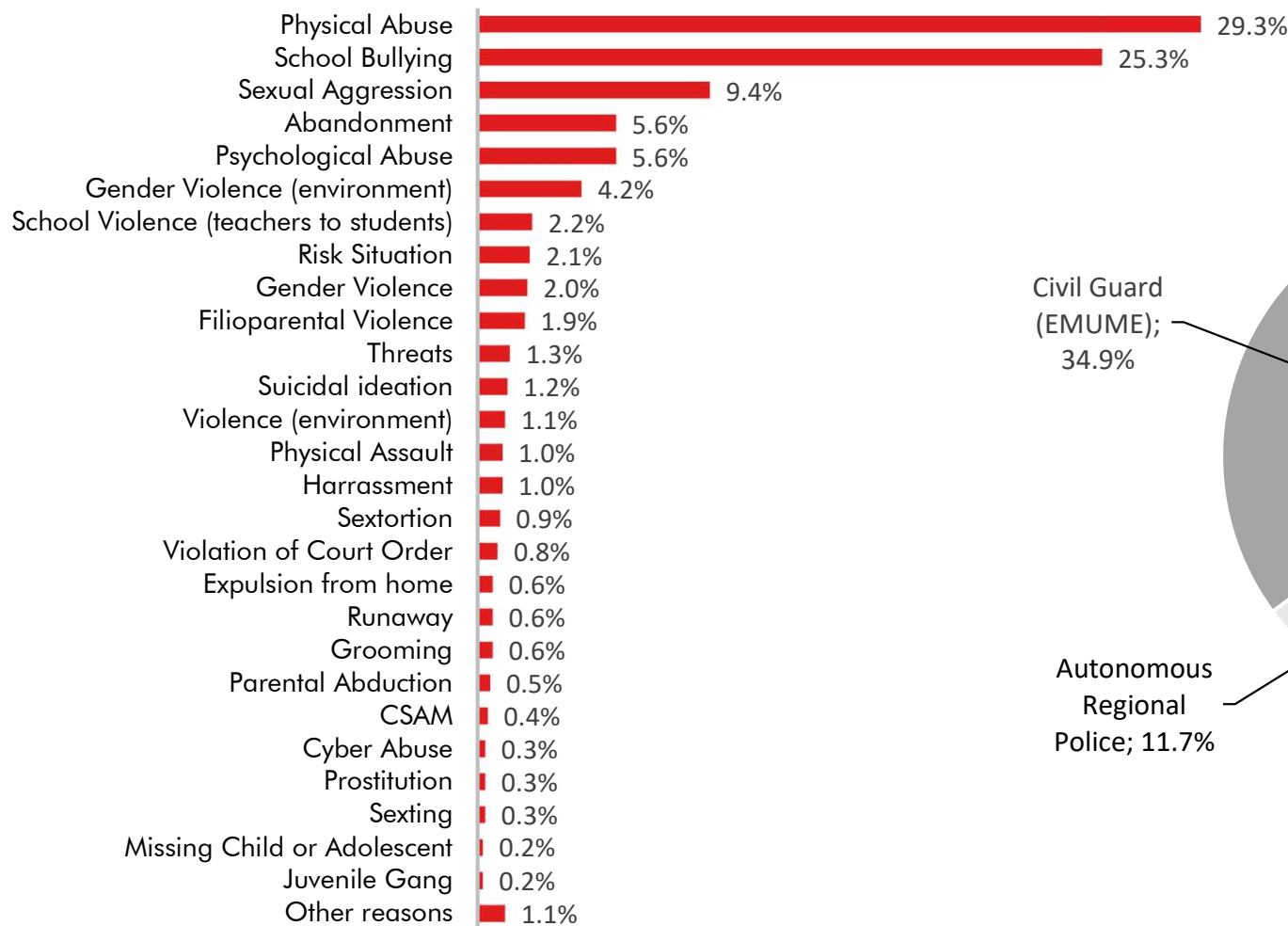


The "Others" category includes the following reasons: Not in School, Prostitution, Pregnancy, Sect, Mental illness, Suicide Attempt (environment), Missing Child or Adolescent, Inappropriate Sexual Behaviour, Child in migration, Prostitution (environment), Educational Guidance, Institutional Complaints, Juvenile Gang, CSAM, Cyber Abuse, Guardianship, Other Mental Problems, Eviction, Verbal Harassment, Verbal Assault, Forced Marriage, Physical Harassment and Parental Abduction.

LEGAL NATURE INTERVENTIONS OF ANAR TELEPHONE/CHAT

In 2025, ANAR Foundation intervened in contact with external resources in a total of **4.075 cases**. Also, the Legal Department has collaborated directly with the justice system in **61 cases**, in compliance with the relevant court orders.

REASONS FOR INTERVENTION (%)

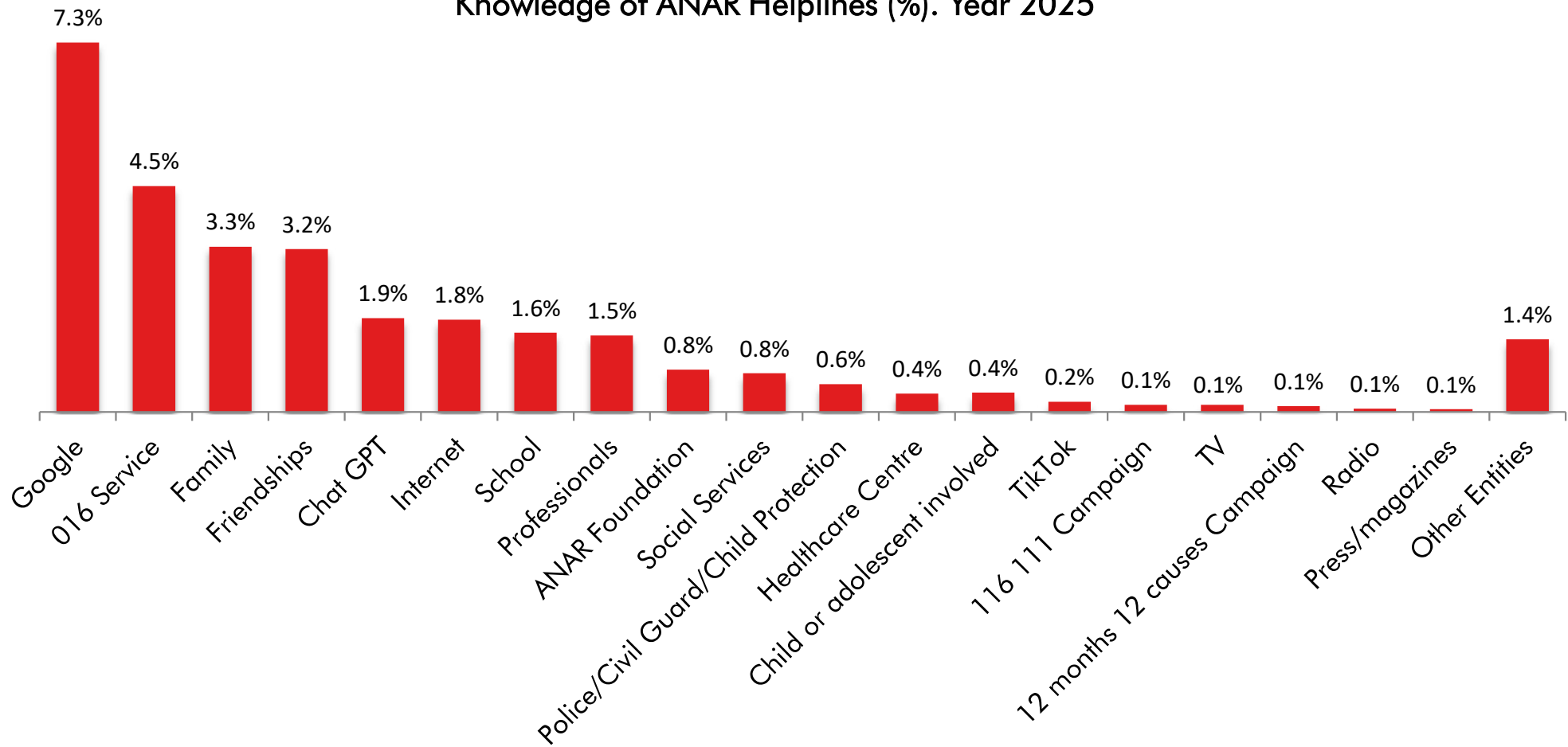


* The "Other" option includes: Drug Trafficking, Juvenile Offender, Suicide attempt, Self-harm, Forced Marriage, Child Begging, Trafficking, Child in migration, Verbal assault, Sexting, Abortion, FGM.

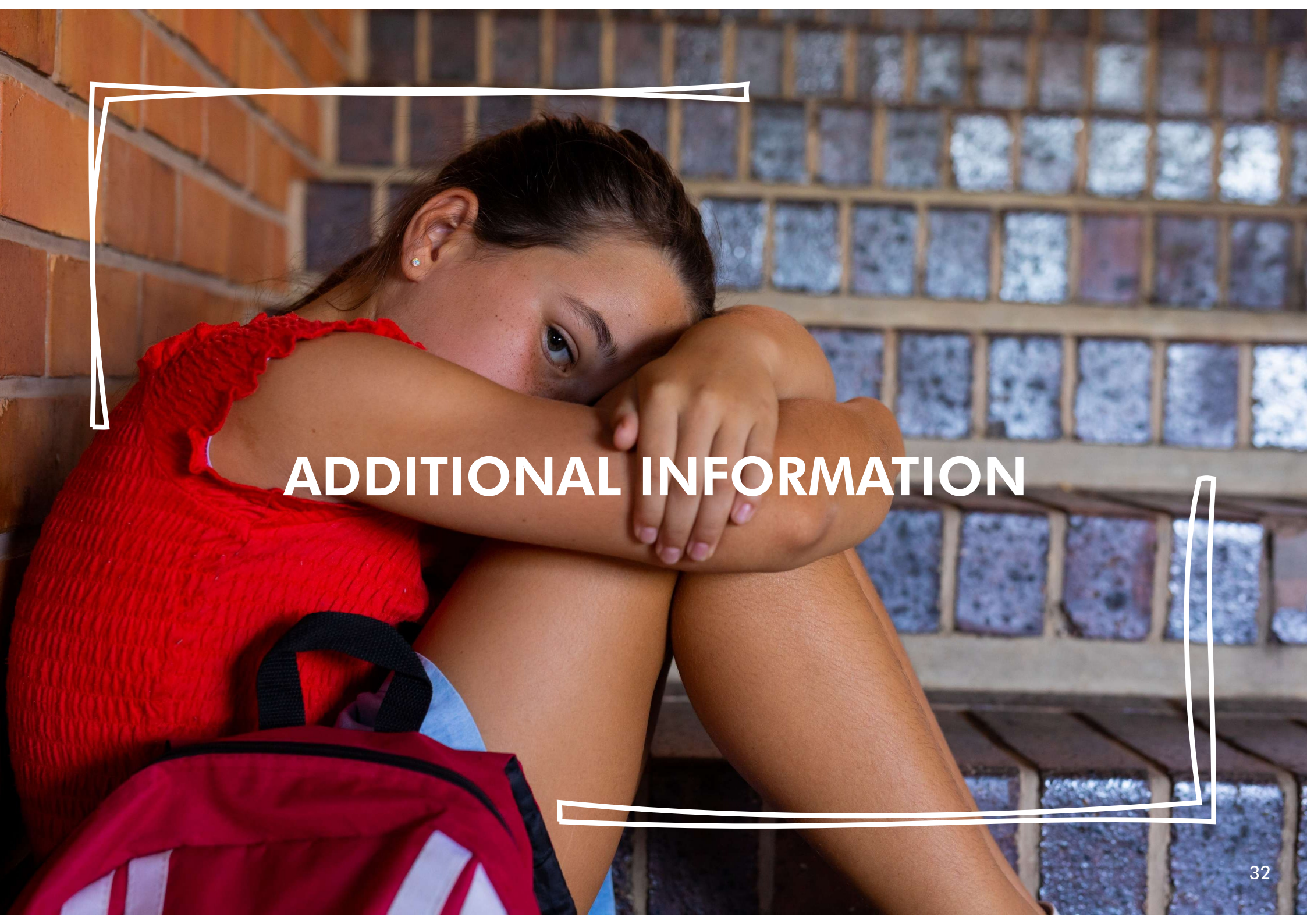
KNOWLEDGE OF THE ANAR HELPLINES 2025

During 2025 children and adolescents got to know us mainly through **Google (6.7%)**, through their **friendships (4%)** and **Family (4%)**. In the case of adults, they have heard about us through **Google (7.9%)** and coordination with the **016 Service (Violence Against Women Service) (6.3%)**.

Knowledge of ANAR Helplines (%). Year 2025



Base: Total cases handled by Helpline (phone, chat, email): 19,990 cases.
In 69.8% of the cases there is no record of this information.



ADDITIONAL INFORMATION



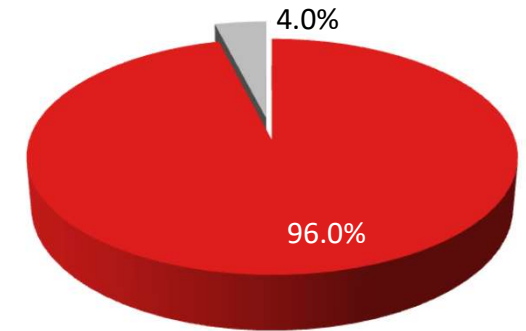
ANAR CHAT



In 2025 we have attended **5,157 cases** (25.8% of the total number of cases) through ANAR Chat. Compared to last year, there is been an increase of **+26.7%**.

A total of **18,010 help requests** have been answered through ANAR Chat. **11,327 referrals** and **916 interventions** were made.

% Total cases attended through ANAR CHAT 2025



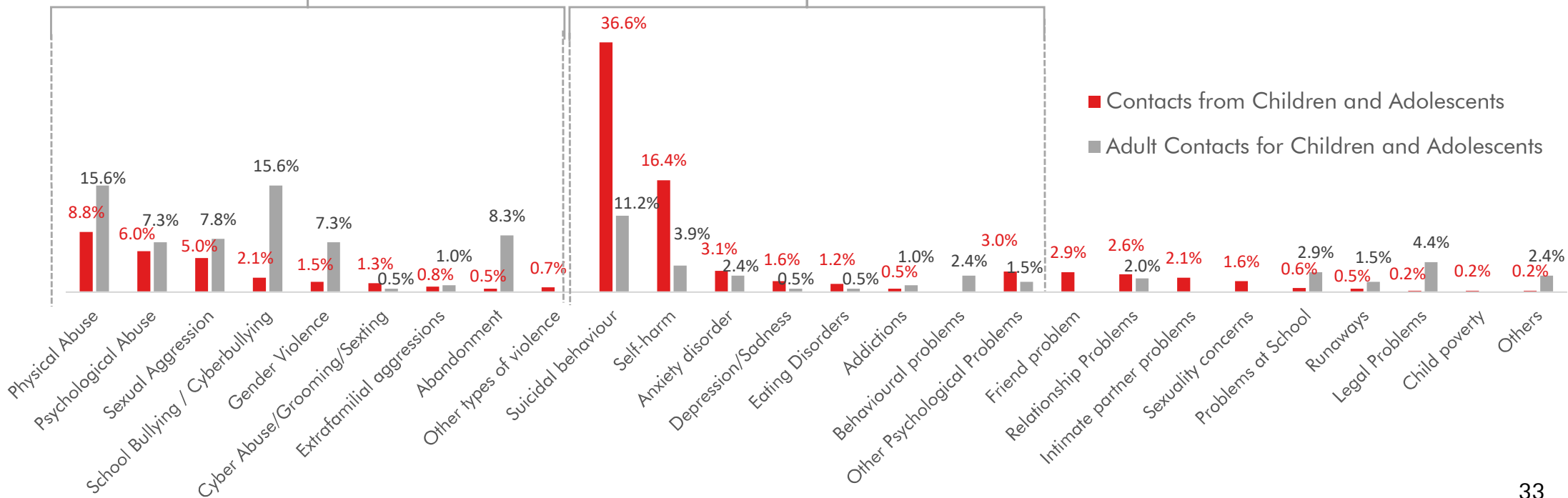
Violence against a Child or Adolescent

Mental Health

26.7% 63.4%

62.4% 23.4%

■ Cases attended through Children and Adolescents
■ Cases attended through Adults and Families





ANAR EMAIL

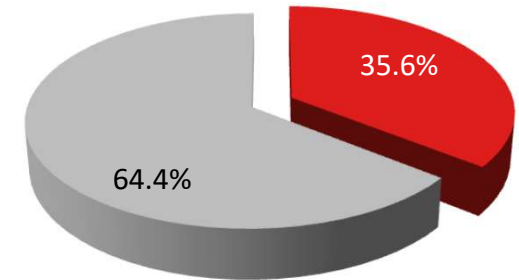


In 2025 we have attended **1,034 cases** (5.2% of the total number of cases) through ANAR Email. Compared to last year, there is been an increase of **+179.6%**.

We answered **2,564 help requests** through ANAR Email.

We carried out **1,990 referrals** and **282 interventions**.

% cases attended through ANAR EMAIL 2025



Violence against a Child or Adolescent

■ 34.5% ■ 54.9%

Mental Health

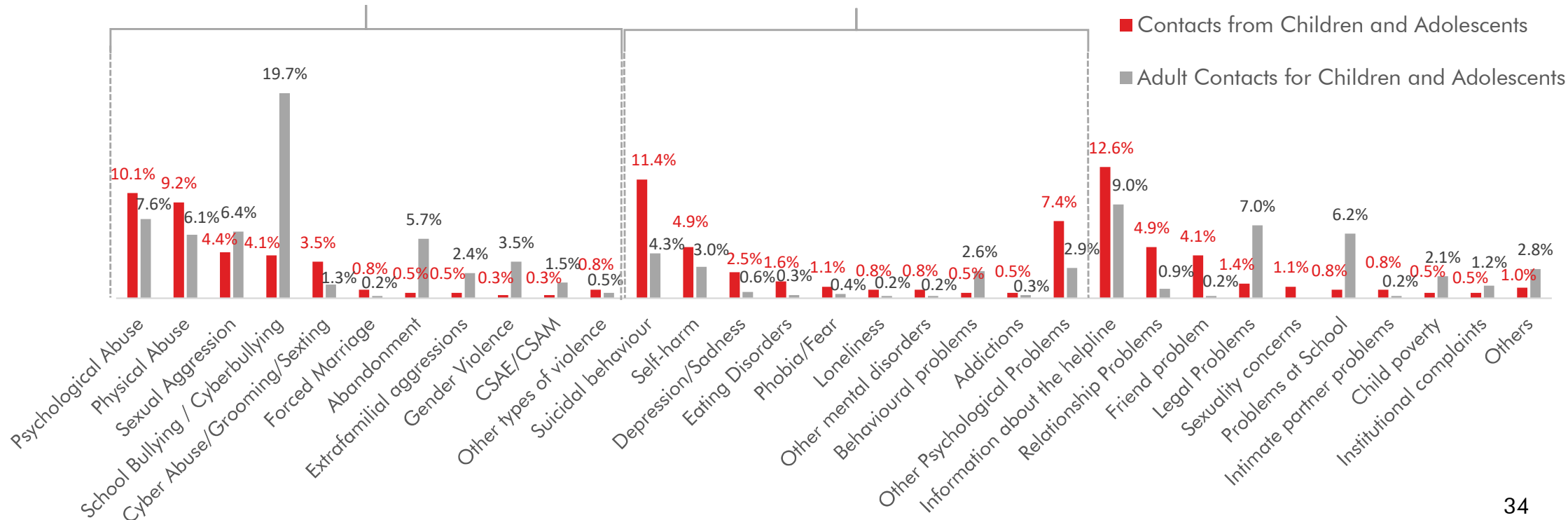
■ 37.8% ■ 15.5%

■ Cases attended through Children and Adolescents

■ Cases attended through Adults and Families

■ Contacts from Children and Adolescents

■ Adult Contacts for Children and Adolescents





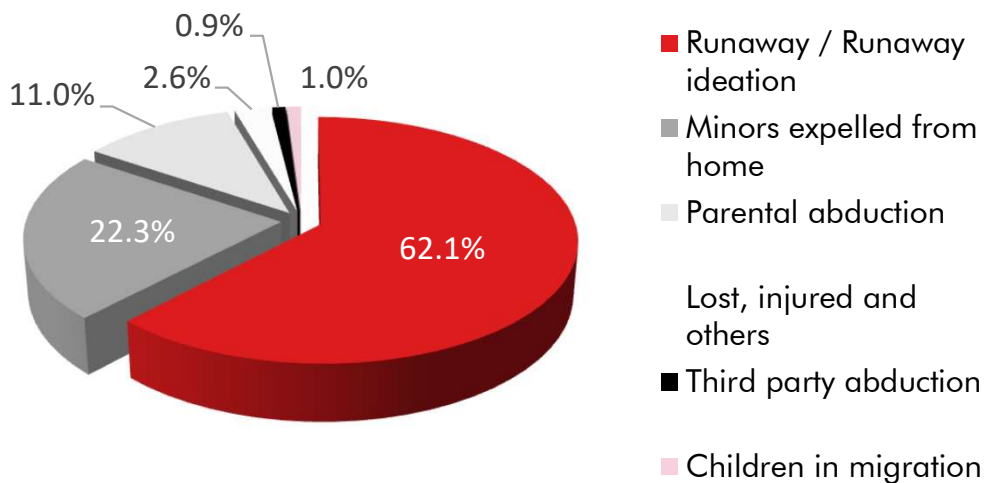
TELEPHONE/CHAT ANAR 116 000 FOR MISSING CHILDREN CASES



The total number of calls and e-mails answered by the ANAR Telephone regarding cases of missing children in 2025, amounted to **3,391 calls/chats**. **Cases** of missing or at risk of disappearance amount to **1,278 (107 more than in 2024)**. Of the total number of calls and emails:

- Through the ANAR 116000 telephone number for cases of missing children, we have answered **1,369 calls**.
- Through the ANAR Telephone for Children and Adolescents, we have answered **544 calls**.
- Through the ANAR Telephone for Family and School Centres, we have answered **780 calls**.
- Through our ANAR Email service we have answered **159 emails** (76 from adults and 83 from children and/or adolescents)
- Through our ANAR Chat service we have answered **495 consultations** (24 from adults and 471 from children and/or adolescents).
- Through the Telephone against Bullying and Abuse we have answered **44 calls** (41 from adults and 3 from children and/or adolescents).

Reason for contact in 2025



CASES BY REASON FOR CONTACT (ABSOLUTE NO.)		
	2025	2024
Runaway / Runaway ideation	794	674
Minors expelled from home	285	278
Parental abduction	141	145
Lost, injured and others	33	45
Third party abduction	12	22
Children in migration	13	7

* Data from the ANAR Telephone for Missing Children Cases Report (2025).



TELEPHONE/CHAT ANAR 116 000 FOR MISSING CHILDREN CASES



In 2025, ANAR Foundation made **1,783 legal and social referrals to external resources** from special counselling consultations on missing children. In addition, the professionals of the Social and Legal Departments carried out **1,187 counselings of social/legal advice**.

282 interventions were made by the Legal and Social Departments. Also, the Legal Department intervened in **2 cases of international coordination** given the cross-border component of the disappearance of children.

911 Legal Referrals

Security Forces and Corps (Civil Guard, National Police and 470 Autonomous Regional Police)	470
Lawyer	134
Courts	113
Victim Assistance Office of the Courts	101
Bar Association/Legal Counselling Service (SOJ)	87
Ministry of Foreign Affairs	3
Others	2
Prosecutor's Offices	1

872 Social Referrals

Municipal Social Services	256
Emergency Services	112
School Centres	81
Health and Specialty Centres	68
Mental Health Centres	52
Psychological Therapy	43
Hospitals	19
Child Protection Services	18
Gender Violence Resources	18
Filioparental Violence specialized Resources	11
Educational Inspection Services	8
Official Colleges (COP, College of Social Workers)	7
CAI (Child Care Center)	6
Barnahus Project (Sexual Aggression Resource)	6
Telephone of Hope	6
Migration specialized Resources	5
Social Emergency specialized Resources	4
Addictions specialized Resources	4
International Chil Helplines	4
Specialized Unit for Adolescent Victims of Gender Violence	4
Other resources	14

Very Serious Cases
282
Interventions

* Data from the ANAR Telephone for Missing Children Cases Report (2025).



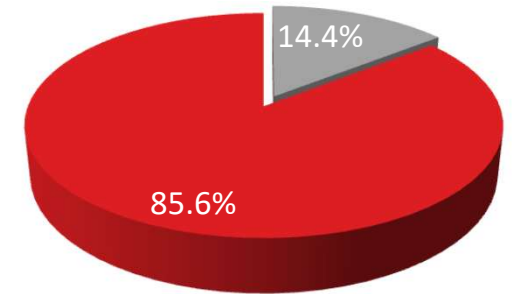
ANAR TELEPHONE/CHAT FOR GENDER VIOLENCE IN CHILDREN AND ADOLESCENTS



In 2025, to detect these situations it was necessary to answer **12,628 help requests** for gender-based violence against children and adolescents, of which **5,912 required special guidance**.

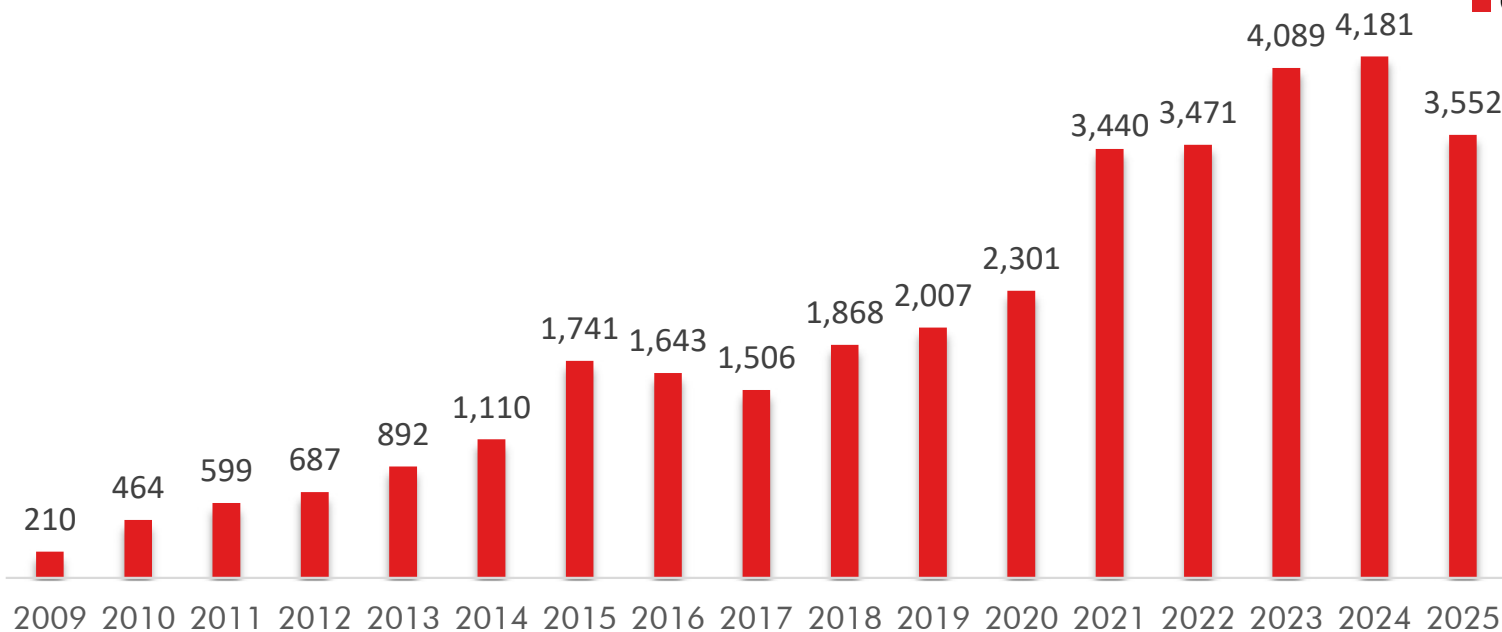
This year we have attended **3,552 cases** of gender violence in children and adolescents (512 GV adolescent y 3,040 GV environment).

Cases by GV type (%)



- Gender Violence against an adolescent
- Gender Violence in the family environment

Evolution number of cases 2009-2025



	Referrals	Interventions
Gender Violence against an adolescent	2.205	168
Gender Violence in the family environment	15.467	478
TOTAL	17.672	646



ANAR TELEPHONE/CHAT AGAINST SCHOOL BULLYING and CYBERBULLYING

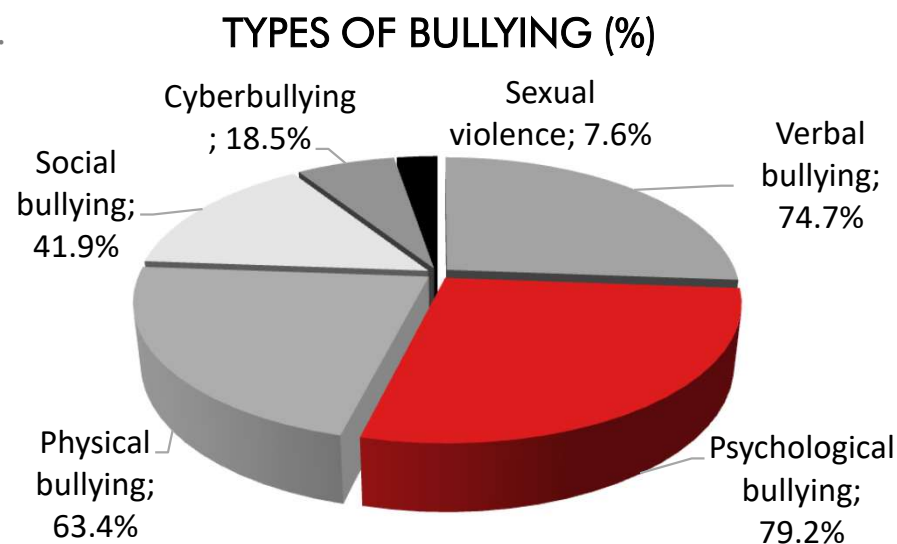


During 2025 we answered **20,779** help requests for school bullying situations.

- Through the Ministry of Education's Telephone against School Bullying and Abuse (900 018 018) we have answered **9,869 calls**.
- Through the ANAR Helpline for Children and Adolescents (900 20 20 10), we have answered **2,679 calls**.
- Through the ANAR Telephone for Family and School Centres (600 50 51 52 y 917260101) we have answered **7,277 calls**.
- Through our ANAR Chat we have answered **720 contacts**.
- Through our ANAR Email we have answered **234 emails**.

During 2025 we attended **4,580** cases for school bullying situations.

- Through the Ministry of Education's Telephone against School Bullying and Abuse (900 018 018) we have attended **2,212 cases**.
- Through the ANAR Helpline for Children and Adolescents (900 20 20 10), we have attended **649 cases**.
- Through the ANAR Telephone for Family and School Centres (600 50 51 52 y 917260101) we have attended **1,040 cases**.
- Through our ANAR Chat we have answered **523 contacts**.
- Through our ANAR Email we have answered **156 emails**.

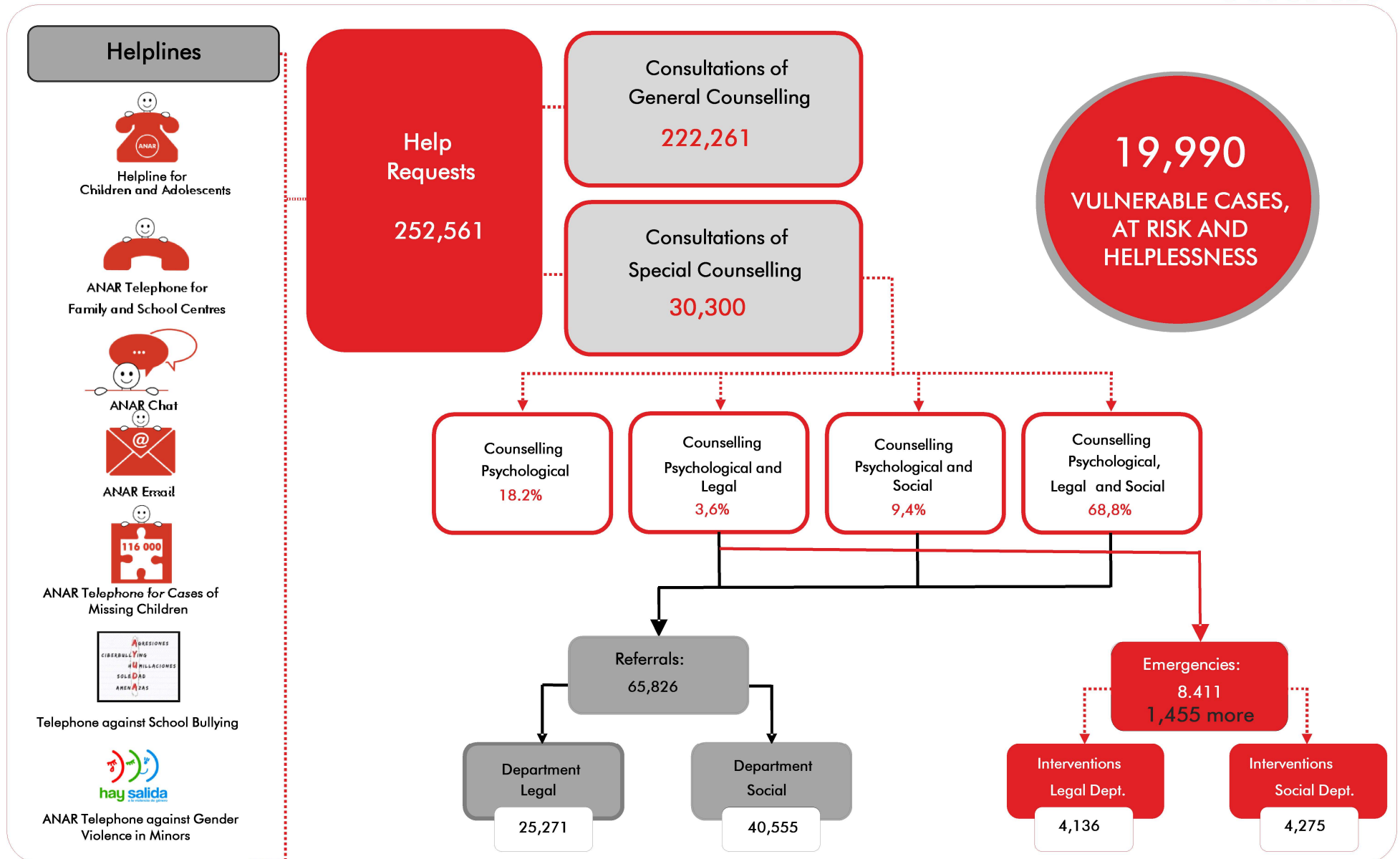


* The same case may refer to different types of bullying, so the sum of the percentages may be higher or lower than 100%.



CONCLUSIONS

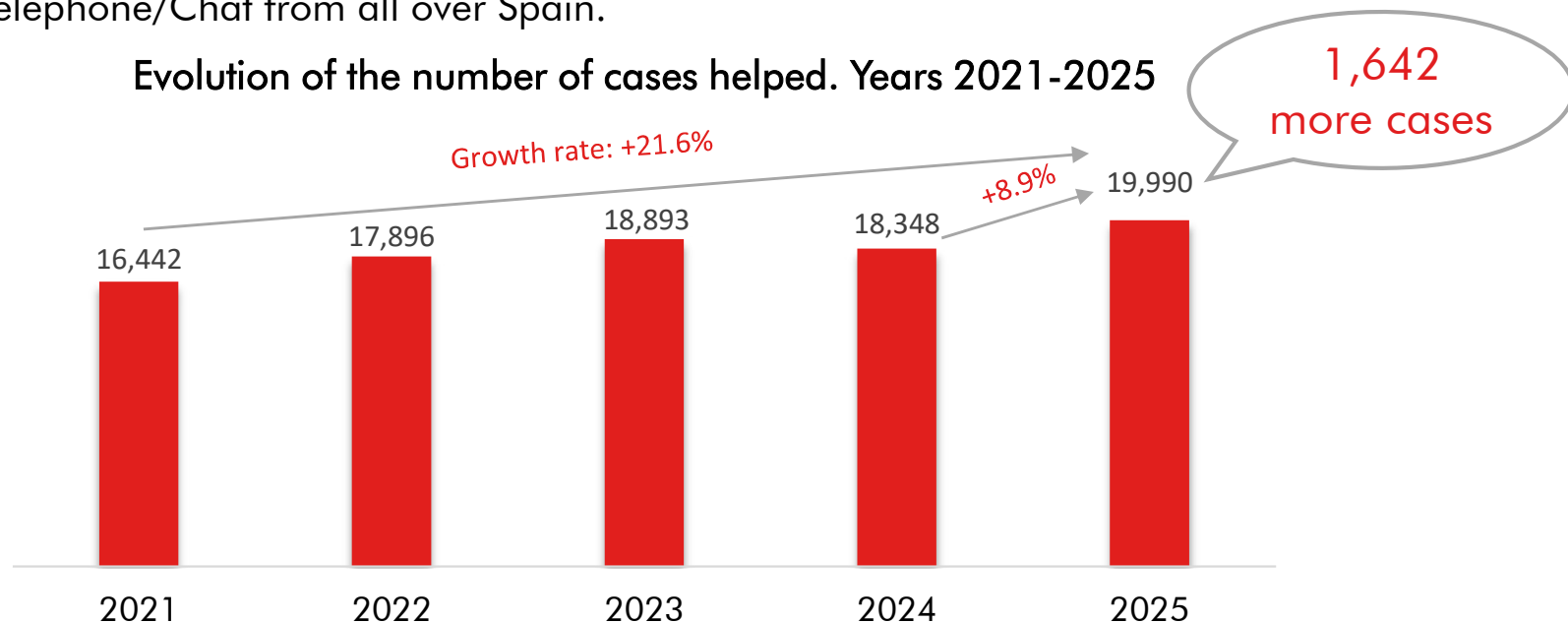
SUMMARY OF ANAR HELPLINES IN 2025



CONCLUSIONS

1. CHILDREN AND ADOLESCENTS HELPED

- In 2025, ANAR Foundation has helped **19,990 children and adolescents**, 1,642 more underage people than last year (**+8.9%**), and to this end **252,561 help requests** were answered in the ANAR Telephone/Chat from all over Spain.



- This minors were going through **94,519 problems** related to violence, mental health and other situations, which means an average of **4.7 problems per child of adolescent**.
- The **level of satisfaction** with the ANAR Telephone/Chat, from the users who answered the satisfaction survey, is **9.6 out of 10**.



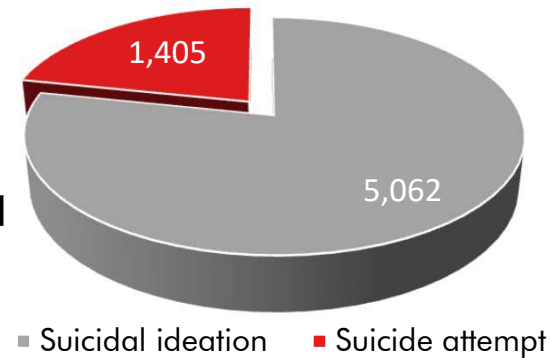
CONCLUSIONS

2. MENTAL HEALTH

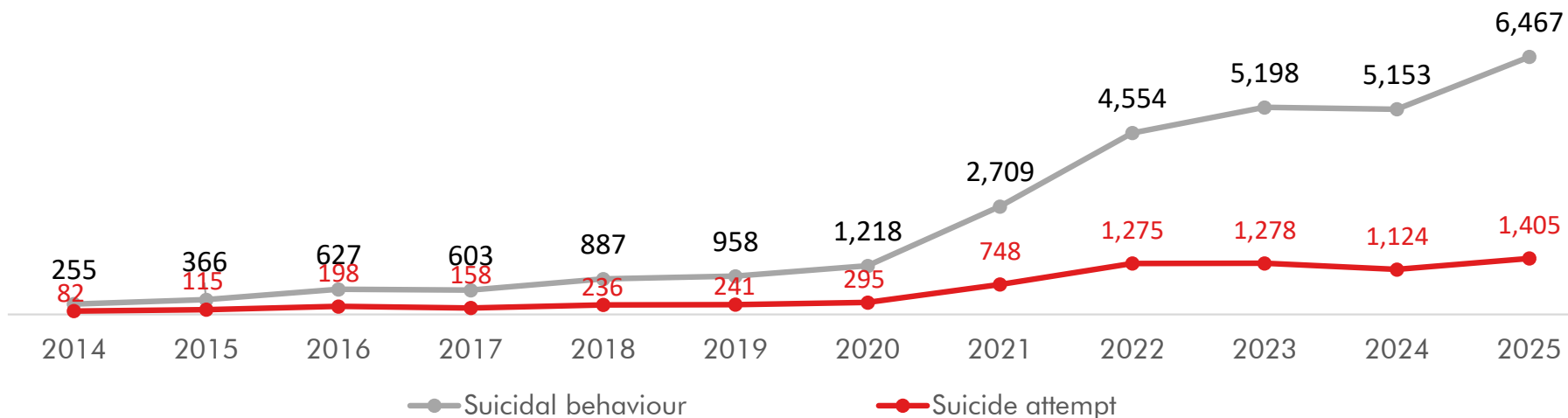
- Mental health problems reach the **51.8%** of the consultations made by children and adolescents to the ANAR Telephone/Chat. This is the main problem they have when they contact the Helplines. Mainly due to the weight of suicidal behaviour and self-harm.
- **SUICIDAL BEHAVIOUR: 6,467 children and adolescents saved.** Suicidal behaviour is again the main reason they contact ANAR Telephone/Chat **for the fourth consecutive year.** In this last year increases a **+25.5%** compared to 2024, in the cases by minors.

We have attended 6,467 situations where children and adolescents has suicidal ideation or attempt; from them, in **1,405 cases (281 more than last year)**, the process of suicide attempt was started the moment they were contacting us.

Number of cases helped for Suicidal behaviour



Evolution for the number of cases helped for Suicidal Behaviour and Suicide Attempt. Years 2014-2025

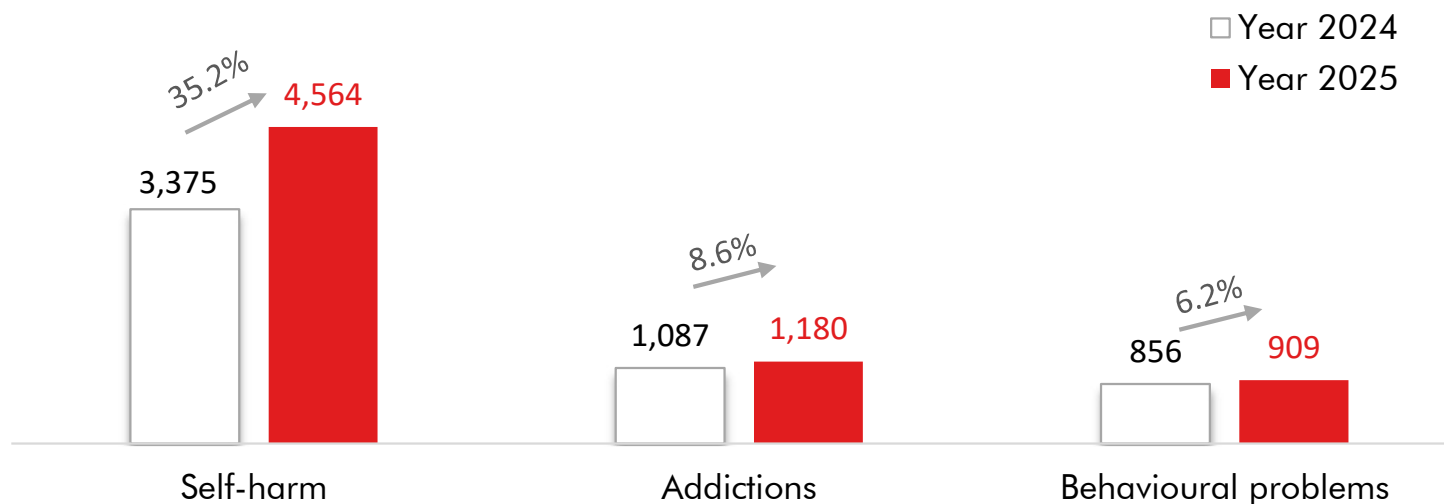


17.7 per day

3.8 per day

CONCLUSIONS

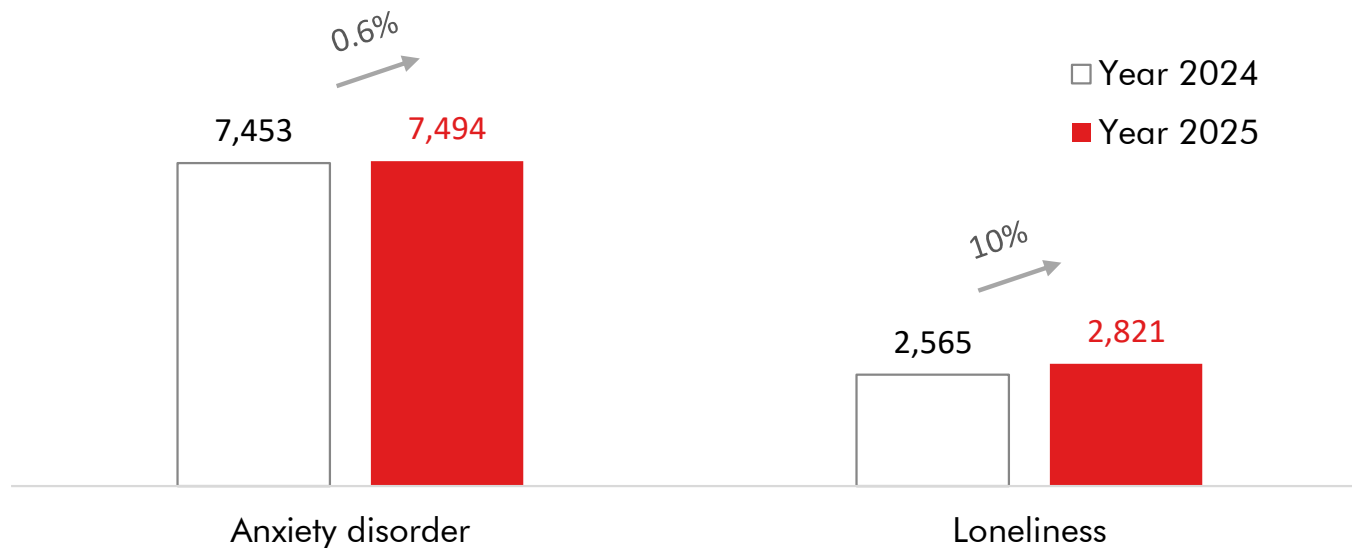
- **SELF-HARM:** there is a specially significant increase in 2025, of **35.2%** compared to last year. In absolute numbers, the cases go from **3,375 in 2024 to 4,564 in 2025**, which solidifies this problem as one of the main concerns in children and adolescents' mental health and gives evidence about a sustained worsening of emotional distress.
- **ADDICTIONS:** On the same upward trend, **addictions** also show an interannual increase of **8.6%**, from **1,087 cases to 1,180**. Although the increase is more moderate than with self-harm, continues to rise, underscoring the need for preventive and early detection strategies, specially in vulnerability contexts. Addictions to technology have increased (33,3%), also gambling addiction (100%) and to other drugs different to alcohol and cannabis (2,8%).
- **BEHAVIOURAL PROBLEMS:** have increased a **6.2%** compared to 2024, **from 856 to 909 cases**. Although this growth is more modest, it is nonetheless significant, as it may be linked to family conflict dynamics, emotional regulation difficulties, and other psychosocial factors that require specific intervention.



CONCLUSIONS

- OTHER PSYCHOLOGICAL PROBLEMS:** Also noteworthy is the increase in other psychological problems that emerge, in many cases, as consequences of violence situations and other serious problems that affect the child or adolescent. Among these, the persistent emotions of **anxiety and loneliness** are particularly relevant and give evidence of an emotional impact sustained over time.

These signs should not be interpreted as isolated symptoms, but rather as expressions of a deeper distress linked to ACEs, lack of protection or harmful relationship dynamics. The increase of these kind of problems shows a progressive damage of emotional wellbeing, as well as major difficulties in affective regulation, building safe bonds and coping with stressing situations.



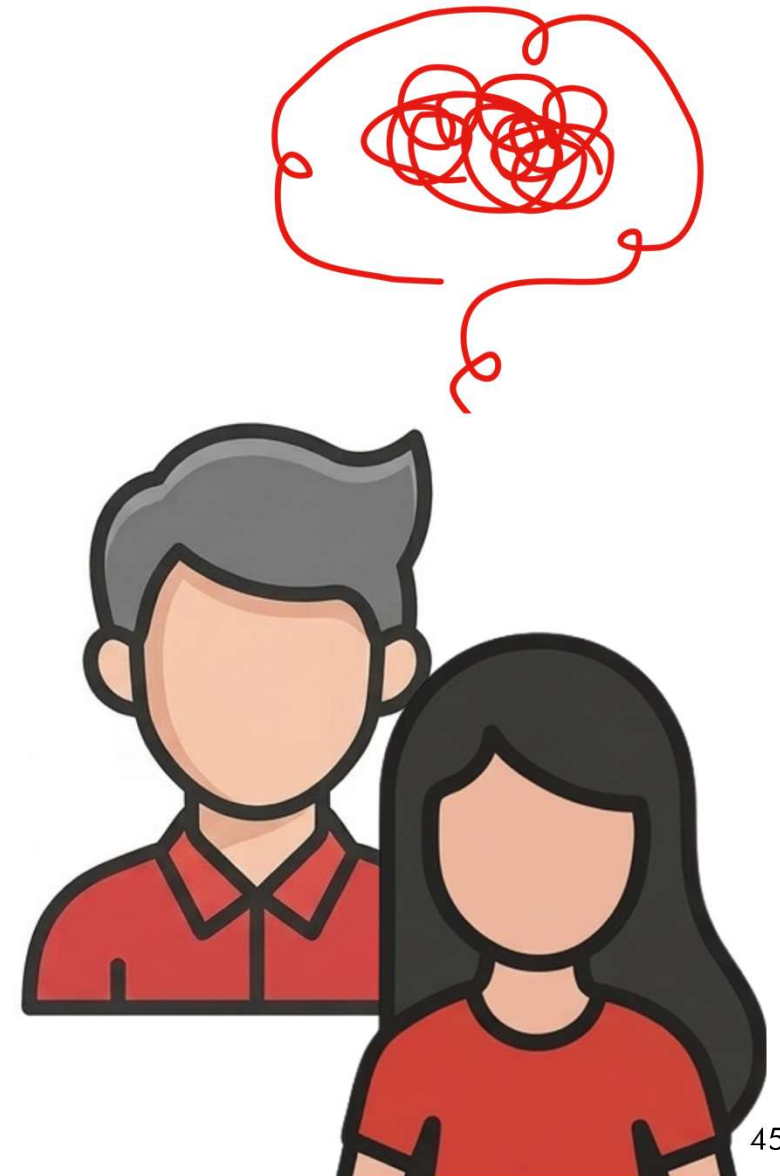
CONCLUSIONS

- **MENTAL HEALTH PROBLEMS IN THE CHILDREN AND ADOLESCENTS' ENVIRONMENT:**

In 2025, **44.4%** of children and adolescents live with their families where there are mental health problems, a specially worrying data because of the impact these situations can have in their wellbeing and emotional development.

Inside this Mental Health section, the most common problems in the family environment are depression or persistent sadness (**19.6%**), addictions (**18.7%**), anxiety disorders (**17.4%**) and phobia or fear (**16.9%**). This figures show a family context marked by psychological distress, which can increase the vulnerability of children and adolescents and stunt an appropriate emotional accompaniment.

These data provide evidence about the close interplay between mental health's environment and children and adolescents, reinforcing the **need of interventions that address a systemic and family perspective**, in addition to focusing on the individualized care of the minor.

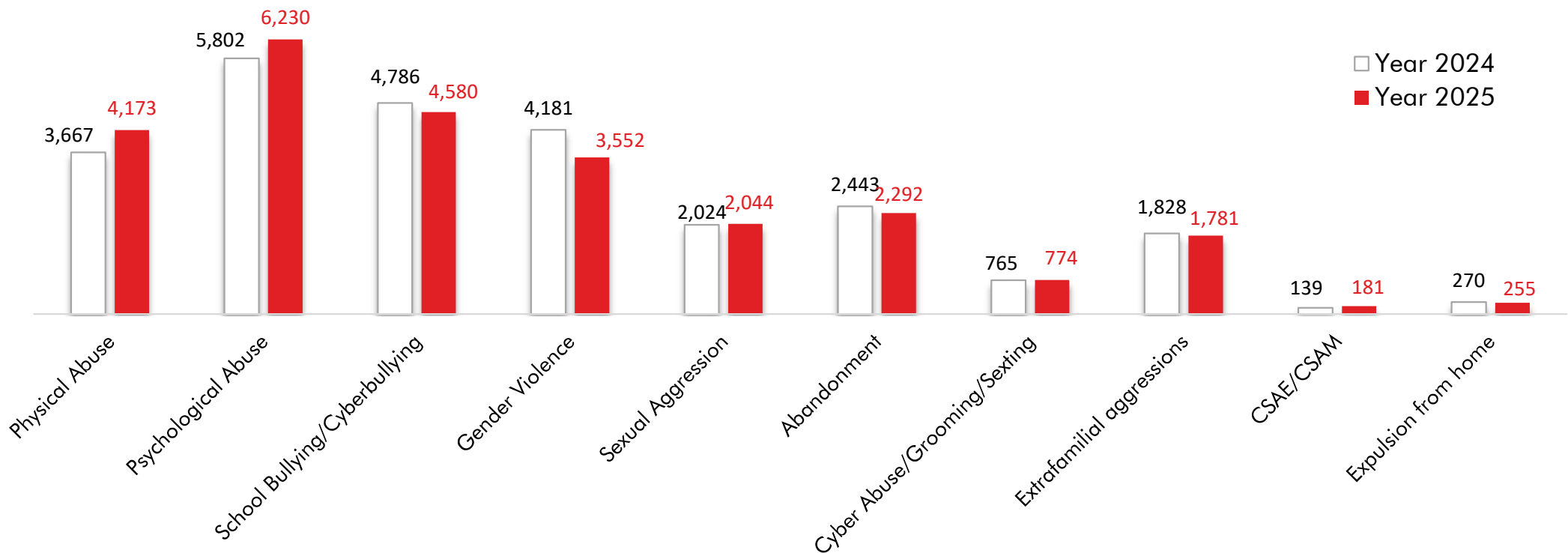


CONCLUSIONS

3. VIOLENCE AGAINST A CHILD OR ADOLESCENT

- The violence against a child or adolescent keeps being the main reason of worrying in families, school centres and other adults in the environment (**63.3%**), and the second reason minors contact (38.7%).
- According to our Mental Health studies, violence and mental health problems have a close relationship, being the latter a consequence, mostly, of the suffered violence.

Distribution of the main problems of violence against a child or adolescent in the cases helped (absolute no.) Years 2024 y 2025



Base: 19,990 cases of children and adolescents. The same case can have several problems.

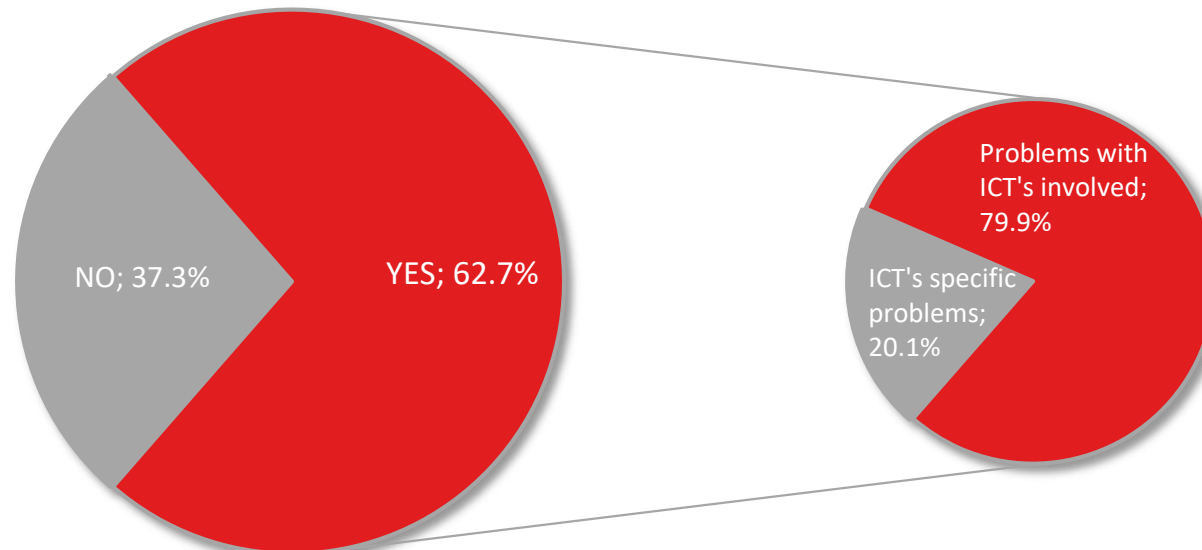
CONCLUSIONS



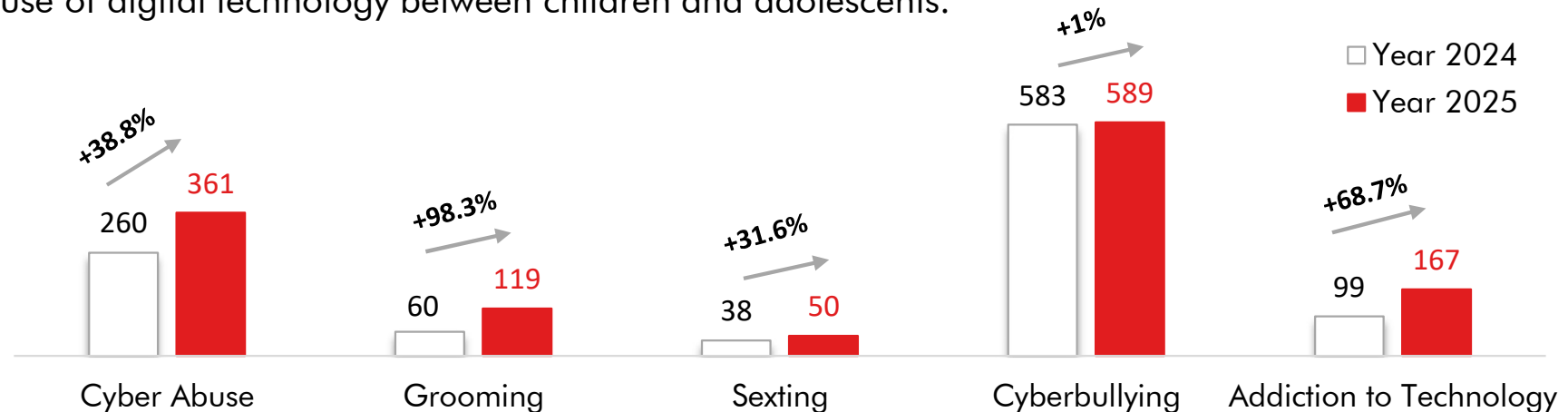
- **PHYSICAL AND PSYCHOLOGICAL ABUSE:** In 2025, physical and psychological abuse keeps being the most predominant violence, representing **40% of the total of types of violence attended**. Physical abuse **grows compared to last year from 3,667 to 4,173 cases (506 more cases)** and psychological abuse, which **increases from 5,802 to 6,230 (428 more cases)**. This type of abuse inside de family is one of the most severe and harmful forms of lack of protection during childhood. Also, psychological abuse has special difficulties for being identified, assessed and intervened, as it's less visible and sometimes is normalized.
- **SEXUAL AGGRESSION:** is the **15.3% of the total of types of violence** and keeps being one of the most severe, frequent and hidden human rights violations in Spain. Compared to last year, there is been an **increase from 2,024 cases to 2,044, which means 20 more cases**. It disproportionately affects female adolescents and girls, although it also affects boys, which calls for strengthened strategies for prevention, early detection, and protection.
- **CSAE/CSAM:** It is shown a significant increase of this problem, **from 139 cases in 2024 to 181 in 2025**, which means 42 more cases. This growth is particularly alarming given the severity of the exploitation and human rights violations it entails.

CONCLUSIONS

- ICTs PROBLEMS: In 2025, **ICTs have been involved** in the **62.7%** of the cases helped.



- CYBER ABUSE, GROOMING, SEXTING, CYBERBULLYING** and **ADDICTION TO TECHNOLOGY**: These types of violence linked to the digital environment show an **increase in 2025, from 1,040 cases in 2024 to 1,286 in 2025** (246 more cases). This increase confirms the persistent associated risks of the use of digital technology between children and adolescents.

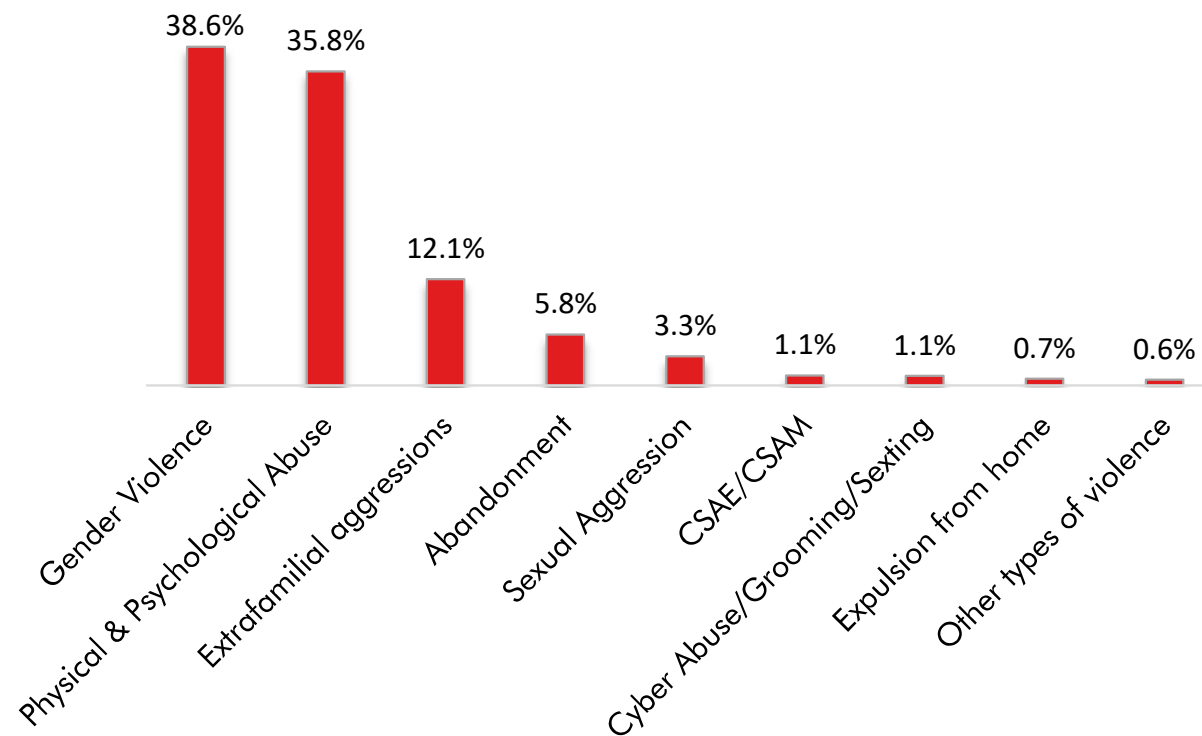


CONCLUSIONS

- **PROBLEMS OF VIOLENCE IN THE ENVIRONMENT OF CHILDREN AND ADOLESCENTS:**

31.2% of the families face violence situations in their environment, which has a direct impact in the children and adolescents' wellbeing. Growing up in contexts characterized by family violence, minors are exposed to consequences as mental health problems, emotional development difficulties and the possibility of vicar learning of aggressive or dysfunctional behaviour.

Inside the types of violence, the three main reasons for contact are: gender violence (**38.6%**), physical and psychological abuse (**35.8%**) and extrafamilial aggressions (**12.1%**).



CONCLUSIONS

4. PARAMETERS OF THE ATTENDED SITUATIONS

- Duration: in **55.5%** the problem is happening for **more than a year**.

In most cases it is not about isolated or circumstantial episodes, but chronic situations. In a protection perspective, this increases the risk of cumulative damage (emotional, psychological, social and even physical).

- Frecuency: **62.4%** of the situations happen **daily**, which means the “episode” becomes an adverse life context.

A constant exposure to the problematic situation entails a high emotional toll for the child or adolescent, as well as for the environment, and high likelihood of having multiple development areas affected (school, relationships and mental health).

- Urgency: **70.4%** of the problems have a **high urgency level**. Only 5.2% of the problems have low urgency.
- Severity: **81.7%** of the attended situations have **high severity**. Only 3.3% of the problems have a low severity level.

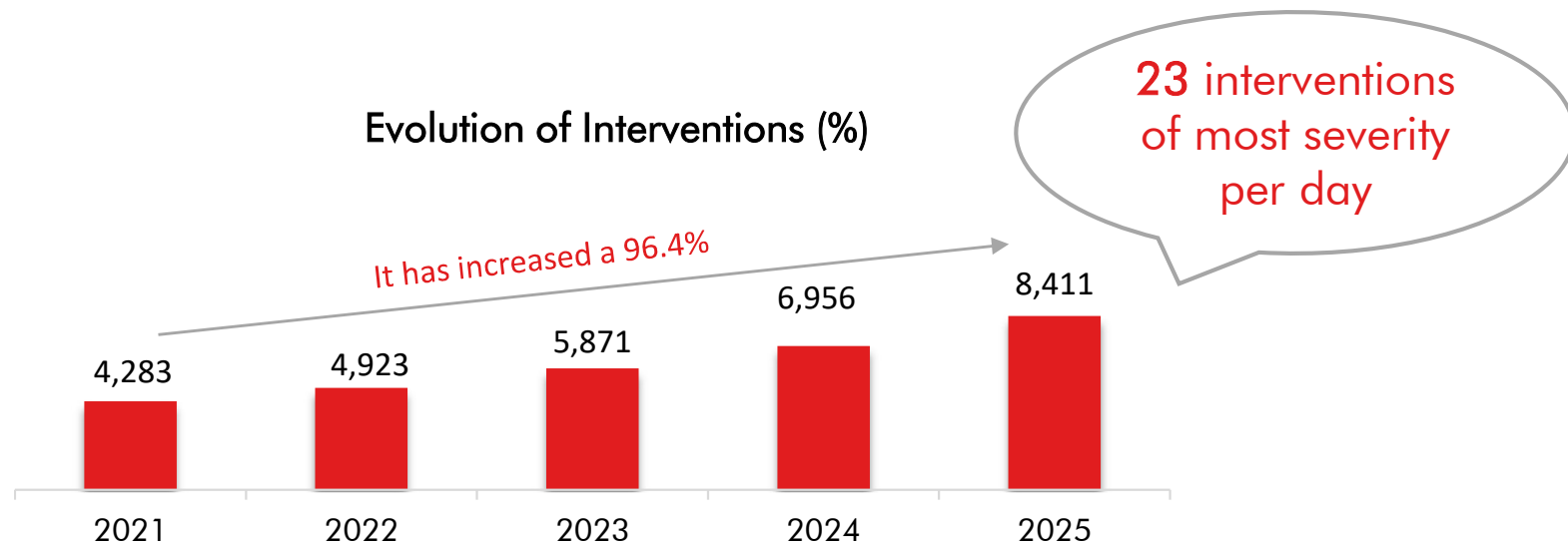
When long-lasting duration + daily frequency + high severity and urgency overlap, it can be inferred: a lack of preventive measures, delayed interventions, insufficient inter-agency coordination and the possibility that the case may go unnoticed within the family, educational or social environment, amongst other factors.

CONCLUSIONS

5. REFERRALS AND INTERVENTIONS

Both the increase of answered contacts, and of severity and urgency of the cases has led to our Legal and Social Departments also increase their activity significantly.

- To be able to help in these cases we had to do **65,826 referrals** to external resources: healthcare, educational, law enforcement, etc. **180 referrals per day**.
- We have done a total of **8,411 interventions in situations of most severity** where the child and/or adolescent was at risk, helplessness or emergency, so ANAR intervened through Security Forces and Corps (Civil Guard and National and Autonomous Regional Police), emergency services, etc., with an **increase of 1,455 more interventions** than last year (+20.9%).



Thank you!

