

**What I'll do if I'm worried about me
or someone else...**

TALK

To... a friend... a parent... a carer... a
relative... a teacher... a youth work-
er... a counsellor... a doctor... a school
nurse...

Or phone

Themix—08088084994

Childline—08001111

Or online

7cupsoftea.com

Kooth.com

And if you're a boy

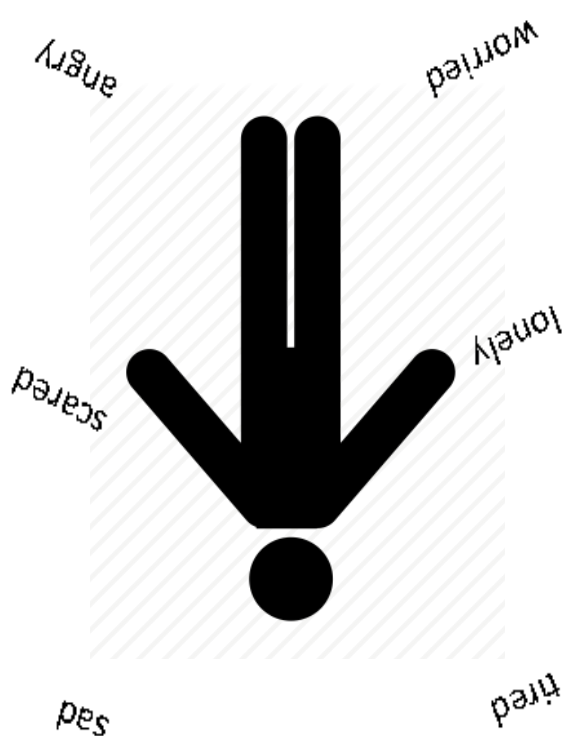
Thecalmzone.net

BAD

DAYS

ARE

NORMAL



WHAT MAKES ME FEEL...?