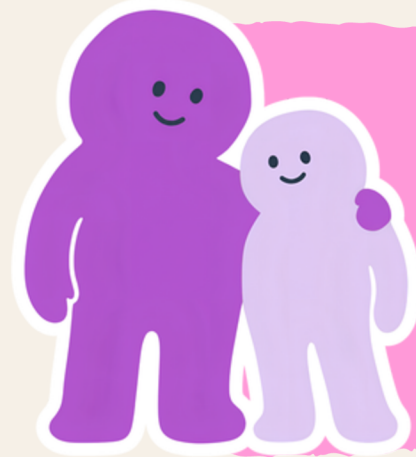


WHAT SHOULD I DO IF I FEEL WORRIED OR SAD?



**Tell a Parent/Carer
or a safe adult**



**Chat with
a ChildLine
counsellor**

ChildLine

0800 1111



Call ChildLine



Tute EDUCATION

**Tell a teacher or
student support**



REMEMBER - IT'S ALWAYS OK TO ASK FOR HELP



You don't have to deal with worries on your own. There is always someone who wants to help.