

Fed up?

LONELY
LONELY
LONELY
LONELY

unhappy
unhappy
unhappy

Frightened

afraid

Lonely

hurt

WORRIED

UPSET

ChildLine

0800 1111



sad
sad
sad

hurt hurt hurt

unsure?

SCARED?

ANGRY
ANGRY
ANGRY



however you feel, ChildLine is here for you.

Call free, day or night on 0800 1111. Or if you're deaf, hard of hearing or speech impaired, textphone 0800 400 222. ChildLine is a service provided by the NSPCC.

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