

Fed up?

LONELY  
LONELY  
LONELY  
LONELY

unhappy  
unhappy  
unhappy

Frightened

afraid

Lonely

hurt

WORRIED

UPSET

ChildLine

0800 1111



hurt hurt hurt

unsure?

sad  
sad  
sad

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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