

Fed up?

LONELY
LONELY
LONELY
LONELY

anxious
anxious

depressed

Lonely

Stressed?

hurt

WORRIED

UPSET

ChildLine

0800 1111



sad
sad
sad

confused?

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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