

Are you being pressured into doing something that doesn't feel right?

Are others worried that you are in a situation you can't get out of?

Do you know anyone this is happening to?

There are lots of people out there that can help.

Safecall	Call or text 116 000
Fearless	Call 0800 555 111
Childline	Call 0800 1111
Young Minds	Text them 24/7 – text SHOUT to 85258
Risk in the Community Team	ric@essex.gov.uk



Next steps...



SCAN ME

