

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

**Do you know someone in a
situation that they can't get
out of?**

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
British Transport Police (BTP)	Text 61016

