



WORRIED?
We're here
to
Listen

**Call Childline on 0800 1111
or visit [childline.org.uk/kids](https://www.childline.org.uk/kids)**

Whatever your worry,
you can talk to us. It's free,
you don't have to tell us
your name, and you can
chat about anything.

childline

ONLINE, ON THE PHONE, ANYTIME

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