



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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