

BAFFLED DEPRESSED
STRESSED EMBARRASSED

FRUSTRATED
ANXIOUS

Whatever
you're feeling,
Childline
can help



OVERWHELMED
ANGRY
WORRIED

OVER IT
DONE
VIBING
KNAACKERED
ALRIGHT

Get support online
and on the phone
childline.org.uk
0800 1111

How can Childline help?



- We are free, private and confidential.
- If you're under 19, we're here to help with anything you're going through.
- Get support anytime, on our website and from a counsellor.

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

Childline is a service provided by the NSPCC.
©NSPCC 2024. Registered charity England and
Wales 216401. Scotland SC037717. Jersey 384.
Illustration by Andrew Hudson. J20240150.