

# ARE **YOU** WORRIED OR WORRIED ABOUT SOMEONE?



**no friends**



**can't sleep**



**angry**



**lonely**

**Fed up with living?**



**scared**



**hurt**



**no good**



**unhappy**



**lost**

**Do you feel you want to die?**



**in trouble**



**mixed up**

**bullied**

**TURN OVER FOR HELP** .....



Phone

**HOPELineUK**

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**HOPELineUK** is run and administered by



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