

Nobody understands?

Do you need to talk???

If something is getting you down, it really helps to talk to a family member, friend, someone you trust or someone at school or college....

Childline: 0800 1111

Youngminds: www.youngminds.org.uk

Gloucestershire Self Harm Helpline (5pm to 10pm daily):

Freephone:0808 801 0606 www.gloucestershireselfharm.org

Text:07537 410022

Samaritans: ring:116 123, text:07725 90 90 90, email:jo@samaritans.org

Glos NHS: <http://www.onyourmindglos.nhs.uk/>

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