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...

TIC+ :	chat: 0300 303 8080 – free, ar	nonymous phone line
	text : 07520 634063	
Samaritans:	ring: 116 123	email: jo@samaritans.org
Childline:	ring: 0800 1111	
Youngminds:	text: YM to 85258	
Kooth:	https://www.kooth.com/	
Mindful:	https://www.mindful.org/	
CrimeStoppers:	0800 555 111 (100% anonymo	ous, Always)
Gloucestershire Se	If Harm Helpline: (5pm to 10pm d	laily):
Freephone: 0808	301 0606 www.gloucestershire	selfharm.org text :07537 410022
Glos NHS: https://	www.onyourmindglos.nhs.uk/	
Hope House—Sex	ual Assault Referral Centre	http://www.hopehouse.nhs.uk/
Gloucestershire Ra	pe and Sexual Abuse Support	http://www.glosrasac.org/

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http://www.glosrasac.org/ **Gloucestershire Rape and Sexual Abuse Support**

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