

# Are you finding things hard right now?

It's okay not to feel okay, but we want you to feel safe.

You do not need to struggle alone, help and support is available right now if you need it.

If you are 11-18 talk to someone today:

☀️ **02476 641799** (8am and 8pm) or

🌙 **0300 200 0011** (overnight)

Or download the Stay Alive app

[www.cwrise.com](http://www.cwrise.com)

If you have seriously harmed yourself, call 999 or ask someone to call 999 for you.



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