

HE PHONES ME
ALL THE TIME AND
WON'T LET ME
HANG OUT WITH
MY FRIENDS.
IS THIS **OK?**



**YOU HAVE MORE OPTIONS
THAN YOU THINK**

ASK OUR CHATBOT, OR CHAT ANONYMOUSLY
TO SOMEONE WHO CARES -
WHATEVER YOU'RE READY FOR.

IS THIS OK? IS A FREE AND CONFIDENTIAL CHAT
SERVICE FOR YOUNG PEOPLE AGED 13 - 18.

FIND OUT MORE: **[ISTHISOKAY.ORG.UK](https://isthisokay.org.uk)**



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