

THAT THING YOU
CAN'T TELL
ANYONE ABOUT...
YOU CAN ASK US
ANONYMOUSLY
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



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