

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: [ISTHISOK.ORG.UK](http://ISTHISOK.ORG.UK)



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