

What can I
do if I'm
worried?



Talk to your youth
worker... Jamie!



Tell a friend or
family member...



Talk to
Sharon...she's in
charge of child
protection!



If you are worried
about your health,
talk to your GP!

If YMCA is closed or if
you need help from a
counsellor, you can ring
these 24/7 helplines...

Lifeline
0808 808 8000

ChildLine
0800 1111 