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# FEEL LIKE YOU CAN'T SAY NO, EVEN WHEN SOMETHING DOESN'T FEEL RIGHT? IT'S OKAY TO ASK

# 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.



Is This OK? is a partnership between UK charities Runaway Helpline and Childline and is funded by BBC Children in Need and Worshipful Company of Information Technologists.

FIND OUT MORE: [ISTHISOK.ORG.UK](http://ISTHISOK.ORG.UK)

