

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 run by UK charity Runaway Helpline and is funded by
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Unit, and Worshipful Company of Information Technologists.

FIND OUT MORE: **ISTHISOK.ORG.UK**

