



# 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. WE ARE  
HERE TO TALK THROUGH ANYTHING YOU ARE FINDING  
DIFFICULT.

IF YOU ARE IN IMMEDIATE DANGER, CONTACT 999.

FIND OUT MORE: **[ISTHISOK.ORG.UK](https://isthisok.org.uk)**

