

NEED TO CHAT? LOOK NO FURTHER THAN **TEEN TALK**

HEAL **CRANE** STRESS
SAD UNHAPPY
CARE **QUALITY** AWARENESS
FAMILY ISSUES COPE BENEFIT SUPPORT
ALONE **COUNSELLING** JOY MENTAL STRENGTH
LIFE **MENTAL HEALTH** MANAGING HELPFUL LIVING
POSITIVE THINKING
SELF-CARE DEPRESSION BALANCE ADVICE AT EASE MIND
SUICIDAL THOUGHTS NERVOUS HELP GUIDANCE SELF HARM
ACTIVE CREATIVITY SAD MEANING **TEEN**
INFLUENCE **MINDFULNESS** COMFORT TALK FRUSTRATION
SELF-ESTEEM **TALK** COMPLEX OVERWHELMED
CONFIDENTIAL SUPPORT HAPPY
BULLYING OPPORTUNITY STIGMA TIME GRIEF
SELF-RESPECT CAUSE MOOD HEALTH HELP ANXIETY
IT'S GOOD WELLBEING WELLNESS SOCIAL
WITHDRAWN REASONING ENERGY
TO TALK STRONG ENDURANCE
FEELINGS LIFE MIND FRIENDS
SHARING CHAT
HUMAN



Call 'teen talk': 01743 240546 24 hour answerphone service

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