

# It's **OK** not to feel **OK**



**If you or someone you know is struggling emotionally or talking about ending their own life, call:**

The **NHS free**, 24 hours a day: **0800 0234 650**

Or call **Samaritans** for free any time, from any phone on **116 123**

**#oknottofeelok**    
[www.oknottofeelok.org](http://www.oknottofeelok.org)

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