

## is it normal to feel ANXIOUS?

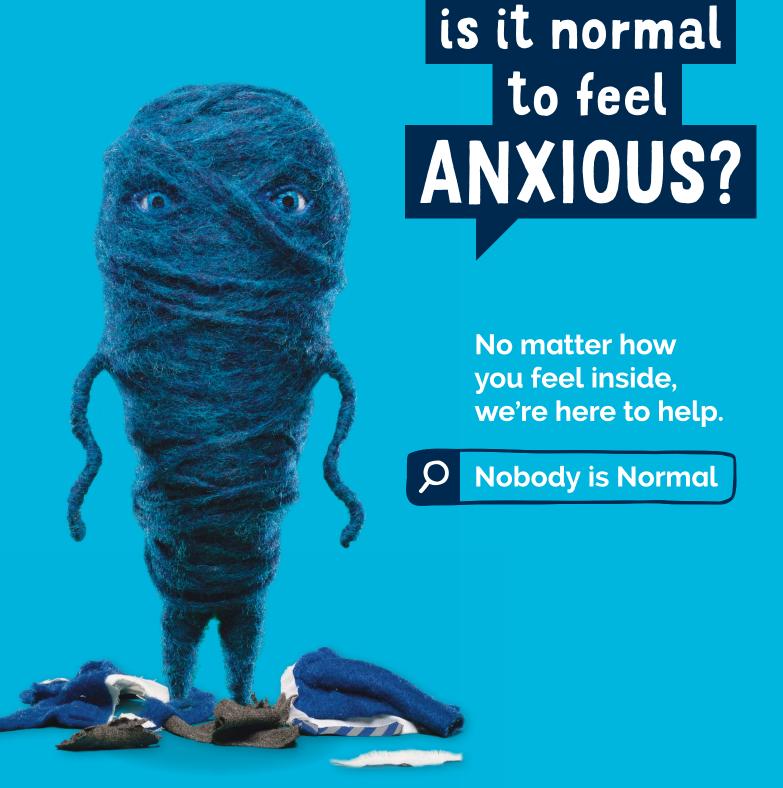
No matter how you feel inside, we're here to help.

**Nobody is Normal** 

## childline

ONLINE, ON THE PHONE, ANYTIME childline.org.uk | 0800 1111





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