



# Here is your safe space.



**It's okay to seek help.**

At Teenage Helpline, we provide peer-to-peer mentoring services for young people across the UK.

Visit [www.teenagehelpline.org.uk](http://www.teenagehelpline.org.uk) to find out more.



Teenage Helpline is registered in England & Wales.  
Company number: 09170949 | Charity number: 1194937