



I'm not okay

Don't hide your real feelings.  
Talking really helps.

**Lifeline** 0808 808 8000

Call free, 24 hours a day  
[www.lifelinehelpline.info](http://www.lifelinehelpline.info)

 Public Health  
Agency

 DoH  
[www.health-ni.gov.uk](http://www.health-ni.gov.uk)