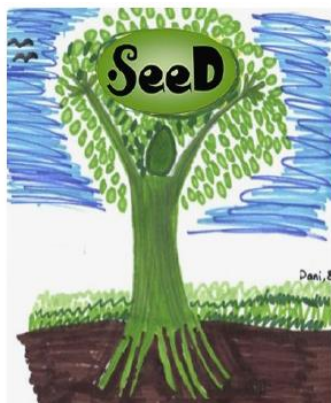


## SEED Supplementary Materials: ChildLine debrief leaflet



**We hope you enjoyed filling in this questionnaire.**

**However, if you have been upset by anything you have read or written while filling it in, you can always talk to your parent/carer, teacher or trusted family member.**

**Alternatively, you can use the details on the other side of this leaflet to contact ChildLine about anything that is worrying you.**



### **Life has its ups and downs**

You can talk to us online or by phone whenever you need to. Whatever your worry, it's better out than in.

**[www.childline.org.uk](http://www.childline.org.uk)**

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