

USEFUL CONTACTS AND LINKS.....

If you are feeling distressed turn to Samaritans

www.samaritans.org

or if you can't cope, Papyrus www.papyrus-uk.org

Reporting abuse on Facebook www.facebook.com/safety/tools/

Reporting abuse on Twitter www.support.twitter.com/forms/abusiveuser

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Have you seen our other top tips?







