

IT'S OK NOT TO BE OK

Feeling upset or need someone to talk to?
The Diana Award Crisis Messenger offers
free, 24/7 text support

GET STARTED_

Text DA TO 85258

SAY HELLO_

Trained volunteers will listen to how you're feeling and help
you think the next step towards feeling better.

CHAT_

You'll text each other, only sharing what you
feel comfortable with.

WHY DOES THIS HELP?

By asking questions, listening to you and responding with support,
they will help you think through your feelings until you both feel you
are now in a calm, safe place. You might be signposted to other
services, so that you can continue to get support.

DA



Get involved:

antibullyingpro.com
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