

Fold whole A4 sheet in half along the dotted black line.
Cut along the dotted white line.
Stick.
Keep in your wallet.
Share with others on social media.

#depressionhurts talks Bullying

Bullying is a ZERO tolerance issue which damages people's lives.

What's your position on it?

- Bully
- Bullied
- Bystander

Choose to change – Make YOUR life a Bully Free Zone

'Stop Bullying'

In the home, education, the workplace, online, in Society

UK (Inc NI) - Call: Childline 0800 111 111 or Samaritans 08457 909090
Ireland - Call: Childline 1800 66 66 66 or Samaritans 116 123
FREE App - <http://ireland.photocopy.com>
www.depressionhurtsireland.com
If you are bullied – find HELP here (UK/Ireland):

Bullies are always **INADEQUATE** people
'Man Up' - **Stop Bullying**
Accept Yourself **and Others**
Respect Yourself **and Others**
Be kind to **Everyone**

Depression, self harm, suicide
Bullying has **CONSEQUENCES** including:

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