

# THANK YOU!

THANK YOU

Thank you for meeting with me. I really appreciate you sharing your views with me.

I hope that taking part has felt okay but we know thinking about personal stuff can sometimes be difficult. You might feel upset, or angry afterwards. Talking to someone that you trust can help.

You could try talking to someone you trust like the person who cares for you or a support worker about how you are feeling.

You can also call ChildLine on 0800 1111.

This website has some useful information:  
[www.thehideout.org.uk](http://www.thehideout.org.uk)

Remember we won't use your name or any information that would identify you in our reports.

If you change your mind about taking part, you can have your information removed from the project.

If you have changed your mind, tell someone who looks after you - or your support worker - or you can email me on:

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I will then remove your information from the project.

BUT if you contact me after the 4 weeks, it might be difficult to remove your information because we will have started to write our reports.

ONCE AGAIN ..

THANK YOU