

# We're here to listen.

Free Support Line  
for Young People in  
Croydon, Merton & Sutton

**0800 980 7475**

Open 6 days a week

**Mon - Sat 3pm - 6pm**

[www.talkofftherecord.org](http://www.talkofftherecord.org)

**TALK TO US**

**OFF  
THE RECORD**

For ages **11-25**