# Challenging thinking



TRUE

Being bullied is something that can affect your mental health.

Bullying behaviour is the fourth most common concern raised in Childline counselling sessions.[1]

Young people who have experienced bullying behaviour in the last 12-months feel depressed (45%), anxious (41%) and experience suicidal thoughts (33%) and self-harm (26%) as a result.[2]

1. Childline Annual Review (2018-19) 2. Ditch the Label (2019): The Anti-Bullying Survey