

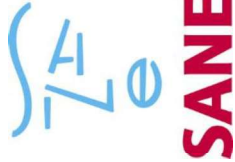


Support services – there is always someone available to talk

"It's alright to ask for help"

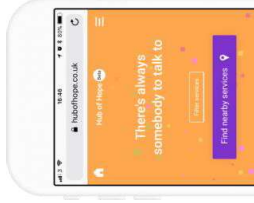
SAMARITANS

116 123



0300 304 7000

Hub of Hope (app)



zerosuicidealliance.com



for better mental health

Infoline: [0300 123 3393](tel:03001233393)

Email: info@mind.org.uk

Text: [86463](tel:86463)



0800 585858



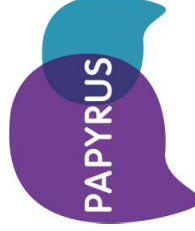
StepChange
Debt Charity

0800 138 1111



the Money Advice Service

0800 138 7777



PREVENTION
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