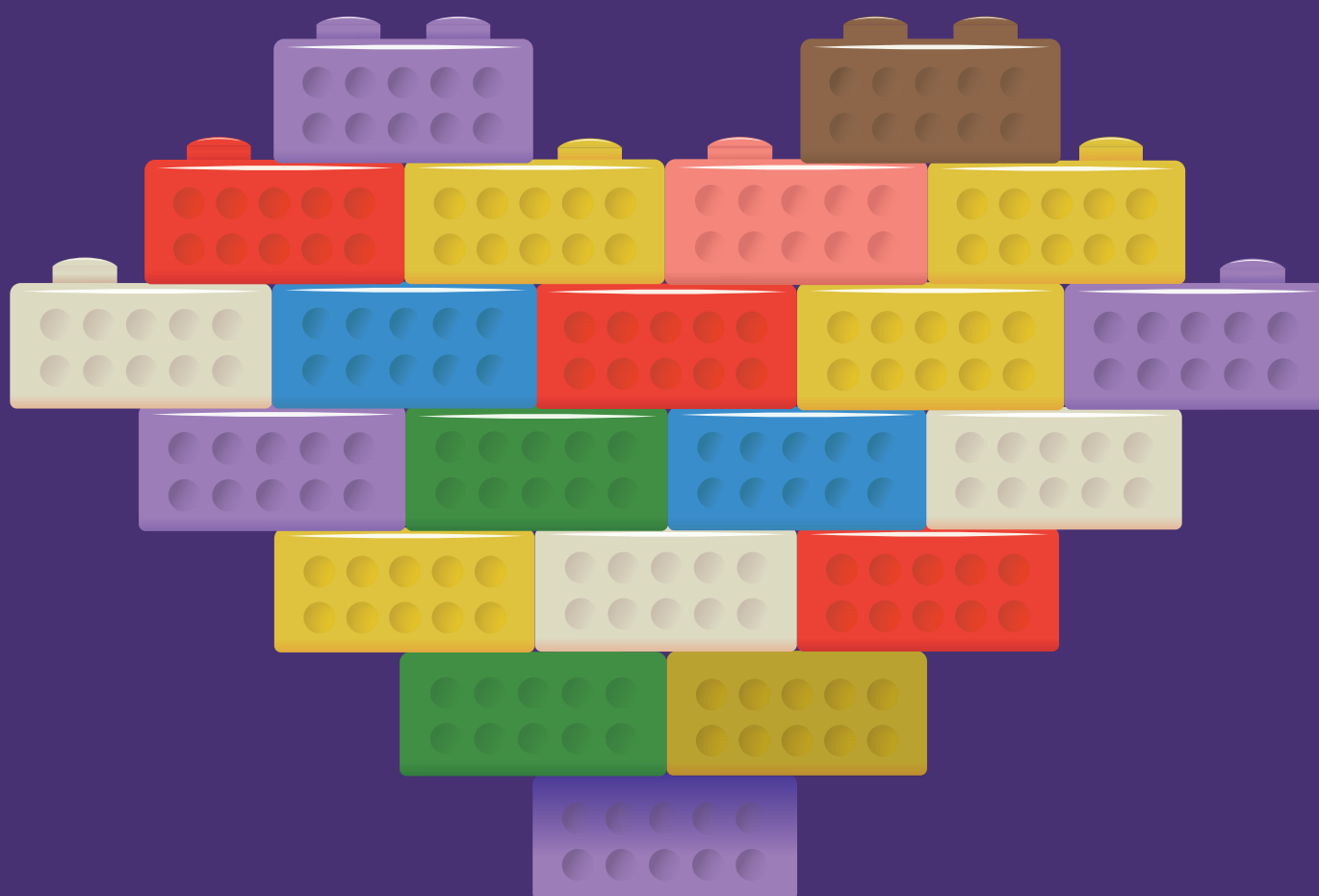


# If your head's in a bad place



## make a connection

Text **Journey** to **85258**

Free and confidential mental health  
support, 24/7 with a trained volunteer

Make a connection

**shout**  
**85258**

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