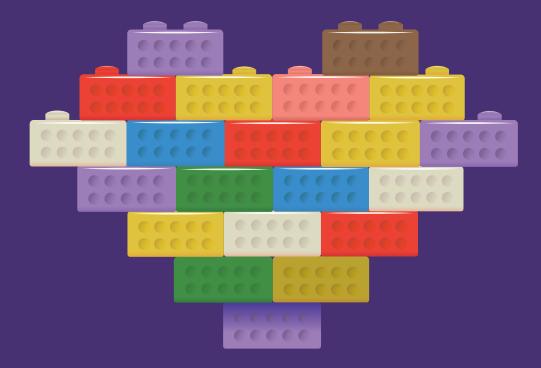
## If your head's in a bad place



## 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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