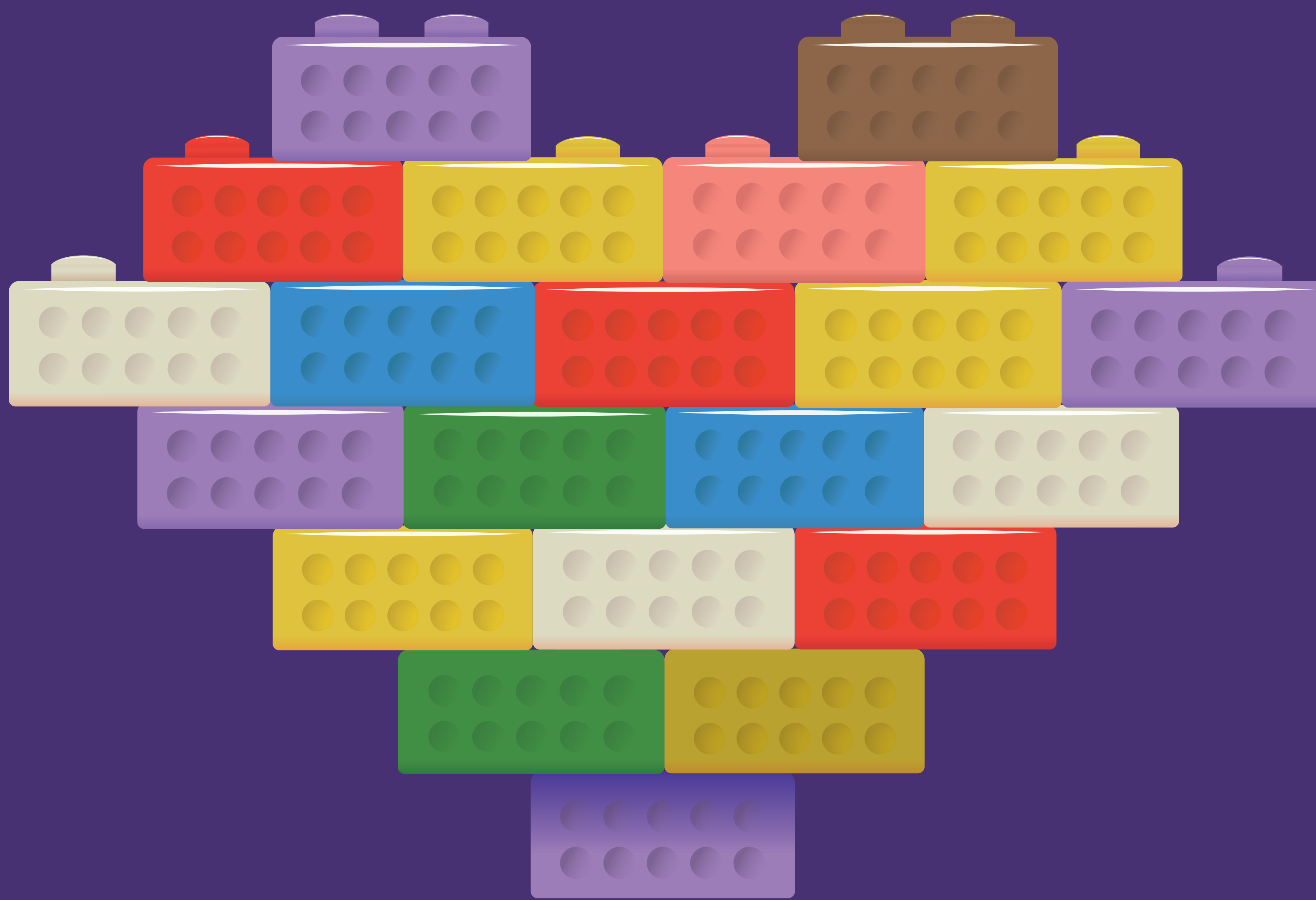


If your head's in a bad place



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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