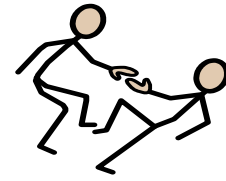
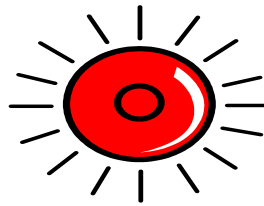


Urgent help under
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If you are thinking of self harm



If you can't keep yourself safe



Call **0116 295 3060**



Lines are open 24 hours 7 days