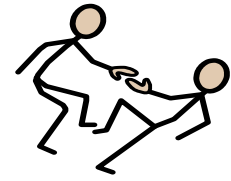
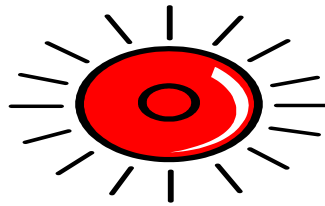


Urgent help



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