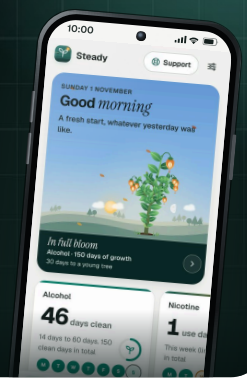
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In an emergency, call **999**

Samaritans 116 123: free, 24/7, whatever you're going through

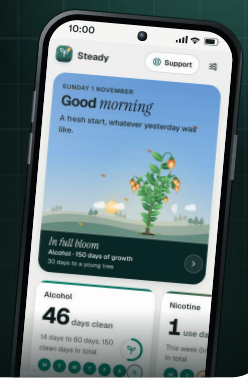
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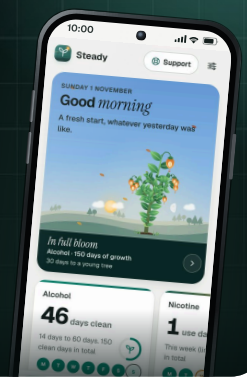
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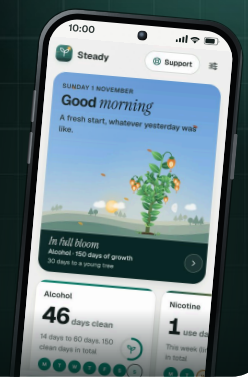
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