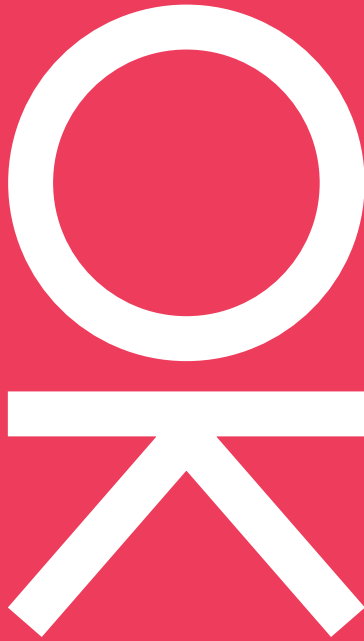



It's **OK** not to feel **OK**



If you or someone you know
is struggling emotionally or
talking about ending their
own life, call:

The **NHS free**, 24 hours a
day: **0800 0234 650**

Or call **Samaritans** for free
any time, from any phone
on **116 123**

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