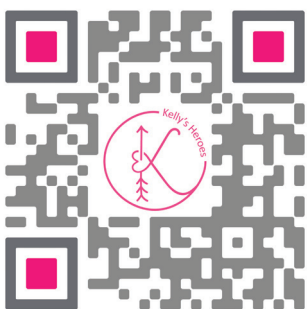


**I'M PRETENDING
TO BE FINE.
ALL ISN'T WELL.
I'M BARELY
HOLDING IT
TOGETHER.**

We've got you!

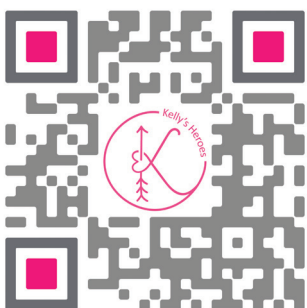


If you or someone you know is struggling with mental health, we can help. Our listening ear service is available from 6pm every evening.

Simply visit www.kellysheroes.org.uk

**I DON'T THINK
I'M COPING.
I CAN'T HANDLE
THIS ON MY OWN.
IT'S NOT ALL IN
MY HEAD.**

We've got you!



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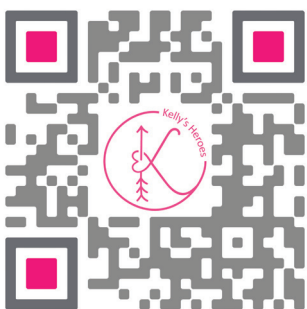
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HOW ARE YOU?

SOMETIMES WE SAY
OKAY EVEN WHEN
WE'RE NOT. YOU DON'T
HAVE TO PRETEND
YOU'RE FINE.

LET'S TALK.

We've got you!

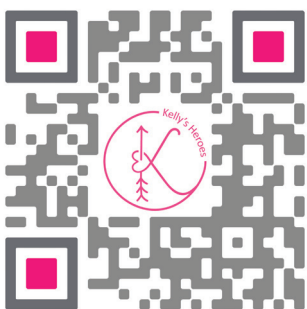
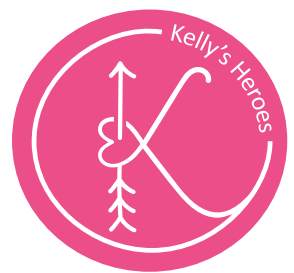


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**SHE'S DISTRESSED
AGAIN? I DON'T
DOUBT HER
COMMITMENT. SHE
HAS ISSUES AND
NEEDS SUPPORT.**

We've got you!

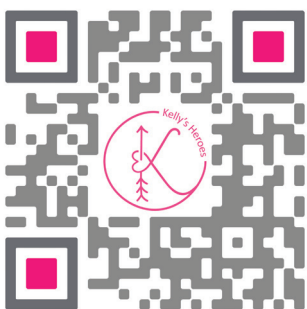


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SOMETIMES YOU
JUST CAN'T **GET**
OVER IT. IT'S OKAY
NOT TO BE OKAY.

We've got you!



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