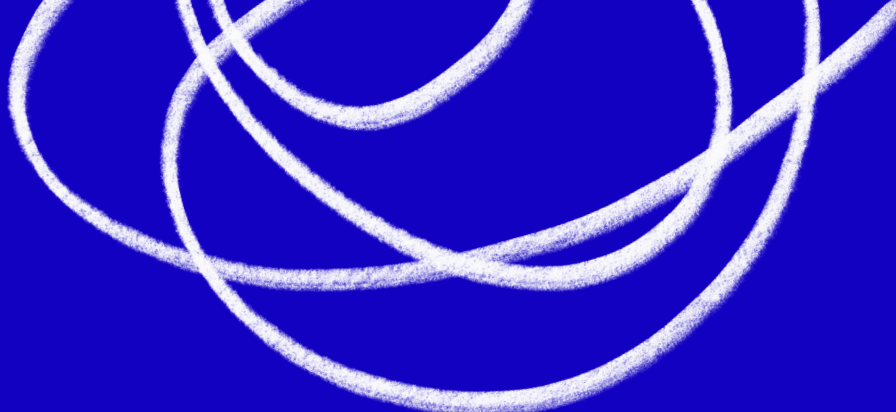




This is a place where hope lives

 **mind** Norfolk and Waveney

SAMARITANS

Call 116 123

**CAMPAIGN
AGAINST
LIVING
MISERABLY**

0800 58 58 58
5pm - midnight

shout

Text **85258**

 **mind**

0300 102 1234
Weekdays 9am-6pm

Scan for support





 **mind** Norfolk and Waveney

**Caring for
others can be
heavy.**

**You don't have
to cope alone!**

SAMARITANS

Call 116 123



0800 58 58 58
5pm - midnight

shout

Text 85258



0300 102 1234
Weekdays 9am-6pm

Scan for support





You see a lot.

**It's ok to
need support!**

SAMARITANS

Call 116 123



**0800 58 58 58
5pm - midnight**

shout

Text 85258



**0300 102 1234
Weekdays 9am-6pm**

Scan for support

