



**This is a
place where
hope lives**

Scan for
support



0300 102 1234
Weekdays 9am-6pm

SAMARITANS

116 123

Text
shout
85258

**CAMPAIGN
AGAINST
LIVING
MISERABLY**

0800 58 58 58
5pm - midnight

Hope lives here in Norfolk's villages, towns, and city streets



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Struggling today?



You're not on your own!

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5pm - midnight



 **mind** Norfolk and Waveney

**Caring for
others can be
heavy.**

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



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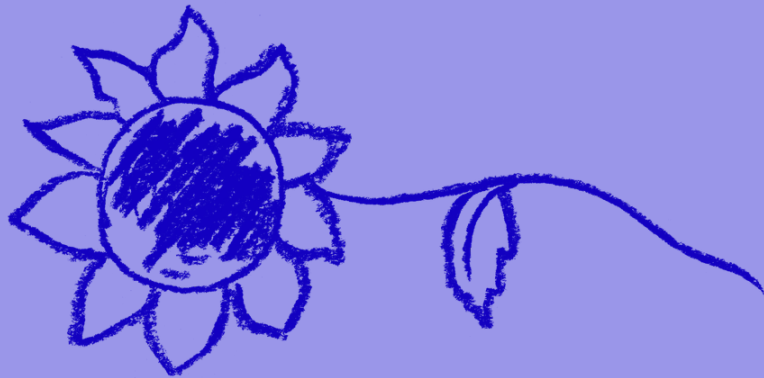
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even on
tough shifts

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**You're not alone
in Norfolk**

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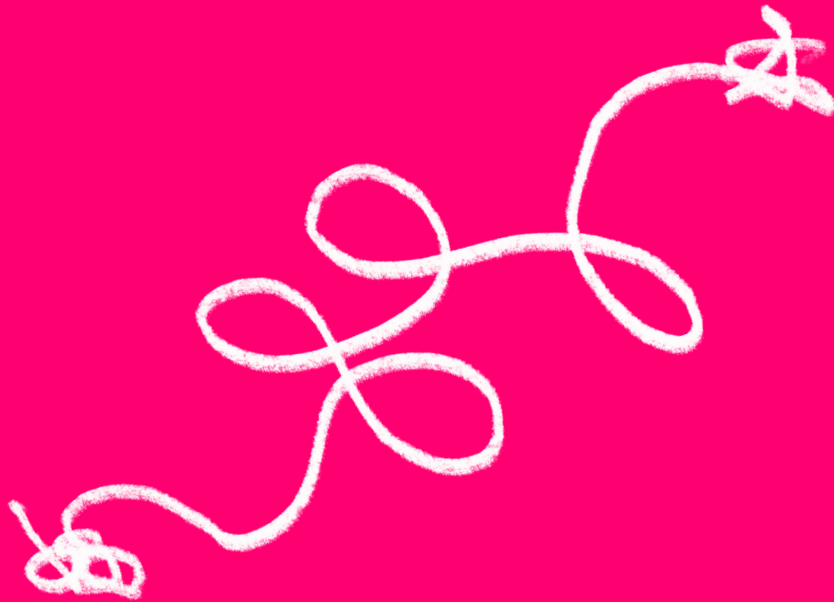
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You see a lot.



It's ok to need support

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