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SUICIDAL THOUGHTS

PHYSICAL WELLBEING

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INJURIES
ADDICTIONS
SLEEP
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EXERCISE
HORMONE SUPPORT

FINANCIAL WELLBEING

FINANCIAL SUPPORT
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LEGAL ADVICE
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— Helpline —

UK 0345 605 1956 **ROI 1800 939 122**

Support available in over 100 languages.
Visit lighthousecharity.org

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