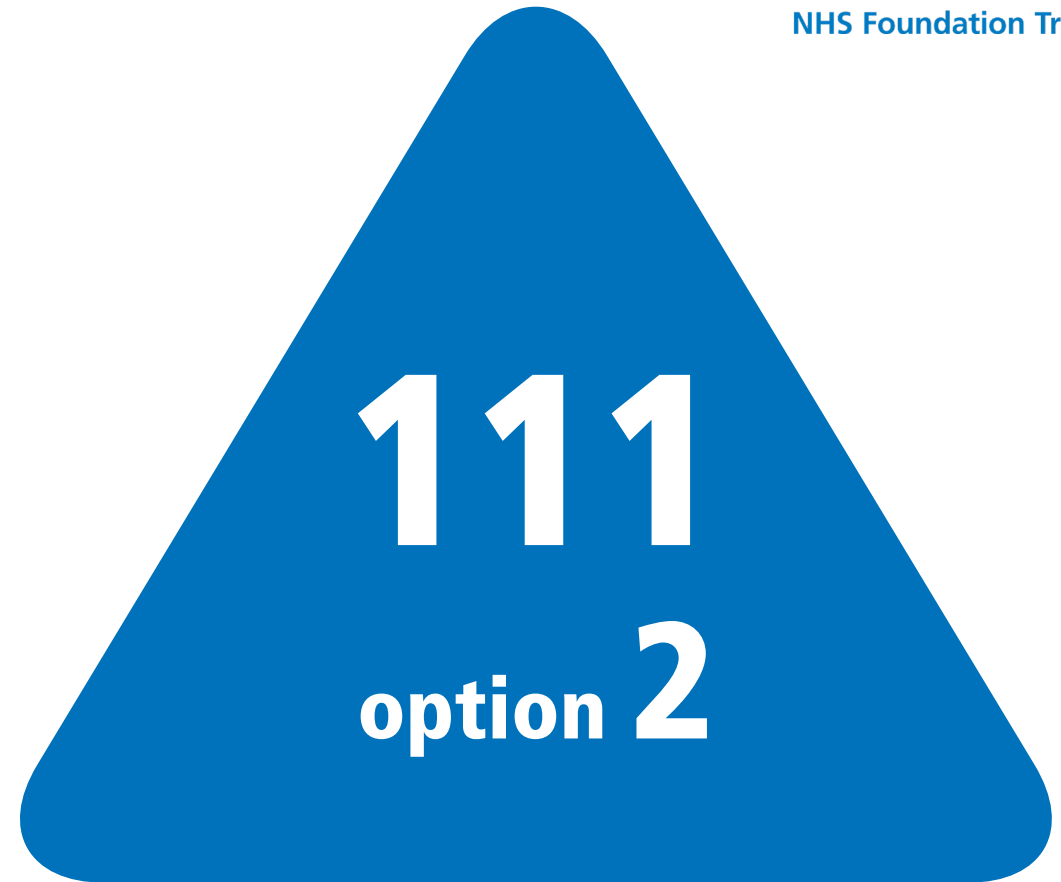


**If you need  
urgent mental  
health help,  
call 111 and  
choose option 2**



Mental health crisis support 24/7 for  
people of all ages in Norfolk and Suffolk