



# We're **still** here to help over the festive season

**24/7 access to self-help materials and daily online counselling available over the holiday period**



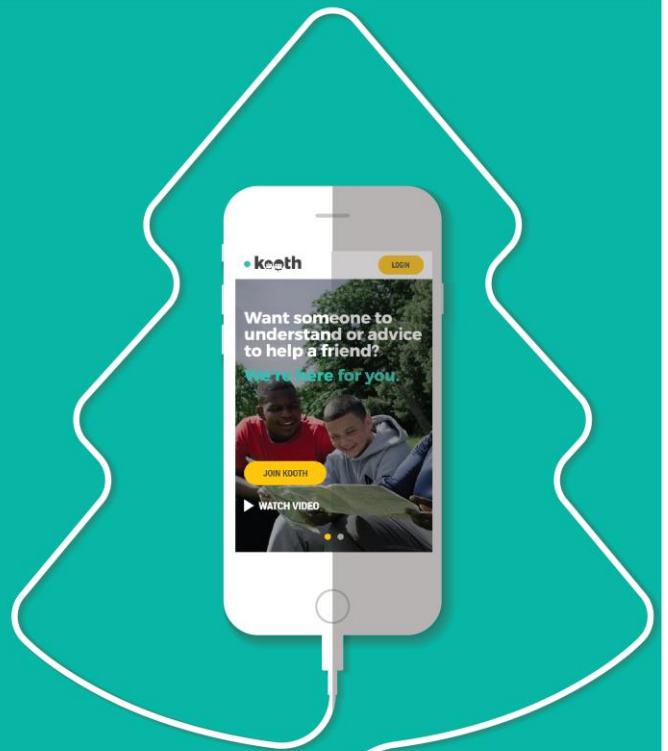
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