

# RELEASE the PRESSURE DON'T SUFFER in silence

*"I was in a really  
dark place.  
Talking helped  
me realise things  
would get better."*

For free confidential 24hr support  
call 0800 107 0160 or text STAND to 85258

For more information visit [releasethepressure.uk](https://releasethepressure.uk)

**NHS**  
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