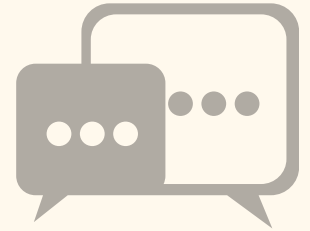


# THE FLAWED JOURNEY

## SUPPORTS AVAILABLE



### Crisis Lines - UK



<b>Hopeline UK</b> <b>Available:</b> 9am-12am 7 days a week Text Line: 07860039967	<b>0800 068 4141</b>
<b>Samaritans UK</b> <b>Available:</b> 24 hours / 7 days a week	<b>116 123</b>
<b>Mental Health Crisis Support</b> <b>Available:</b> 24 hours / 7 days a week	<b>0170 876 5200</b>
<b>Cambridge Rape Crisis Centre</b> <b>Available:</b> Wed and Thurs 7pm – 9.30pm. Sunday 10am – 12.30pm	<b>0122 324 5888</b>
<b>Life Centre</b> <b>Available:</b> Sun, Mon, Tues and Thurs 7:30pm-10pm. Text line: Available Mon, Wed and Fri 0771 7989 022	<b>0808 802 0808</b>
<b>Mankind (Male Victims of Domestic Violence)</b> <b>Available:</b> Mon-Fri 10am-4pm	<b>01823 334 244</b>
<b>Womens Aid Federation of England</b> Online Chat available on Womensaid.org.au	<b>0808 200 0247</b>
<b>BEAT Eating Disorders</b> <b>Available:</b> 24 hours / 7 days a week Online chat available on beateatingdisorders.org.au	<b>0808801 0677</b>
<b>Alcoholics Anonymous</b>	<b>0800 9177 650</b>
<b>Talk to Frank (Addiction Issues)</b> <b>Available:</b> 24 hours / 7 days a week Text chat available 82111 Online chat available from 2pm-6pm 7 days a week on Talktofrank.com	<b>0300 1236600</b>

