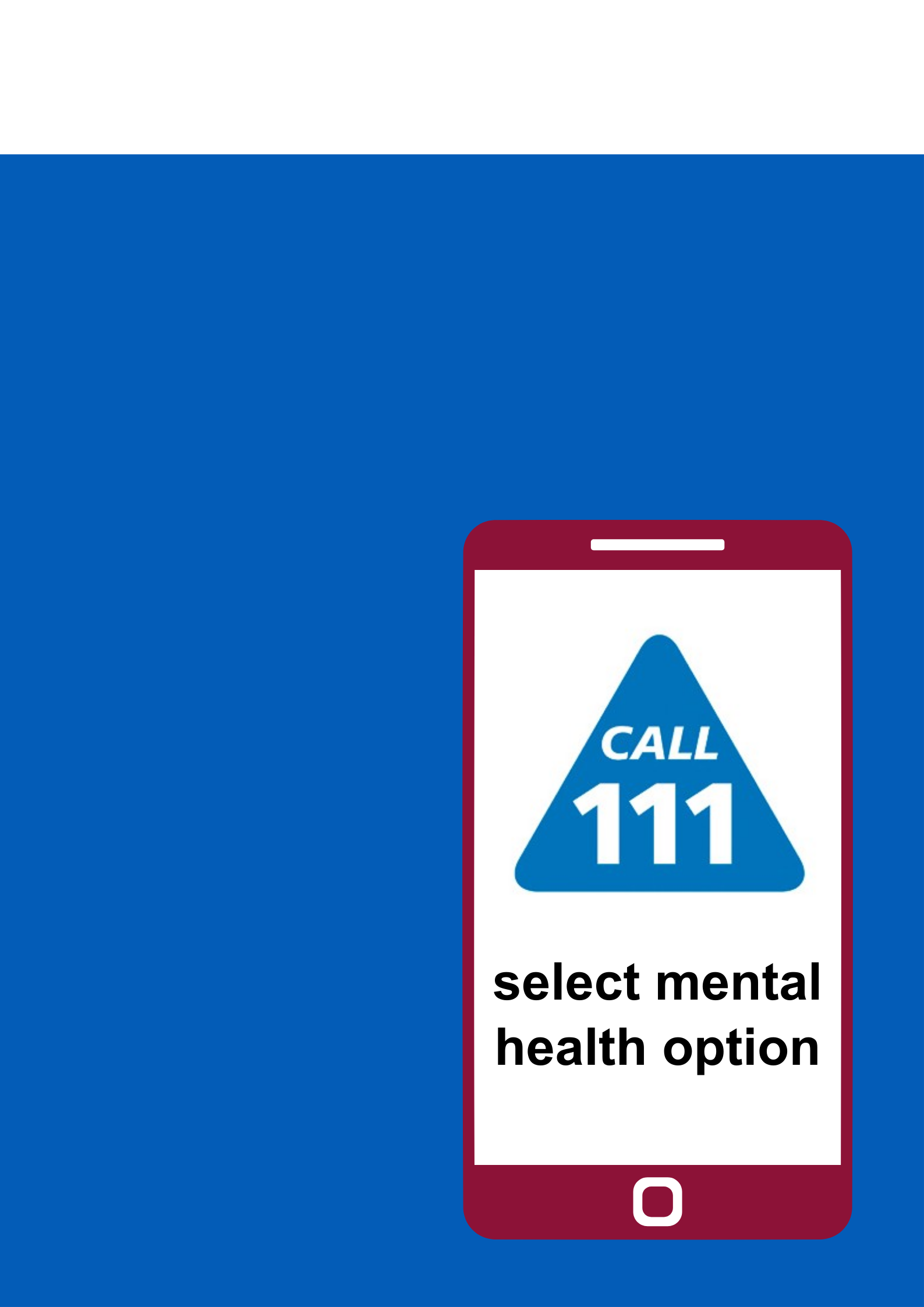
A close-up of a logo

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Just call 111 and select the mental health option to speak to a mental health professional in Shropshire, Telford and Wrekin.

**Need urgent support for your mental health?**