

**I'm  
surrounded  
by mates**

**but I've never  
felt more  
alone.**

We know things aren't always what they seem. Talk to us about what's going on beneath the surface.



Visit [www.mindinbradford.org.uk/beneath-the-surface](http://www.mindinbradford.org.uk/beneath-the-surface)  
or call Guide-Line on 08001 884 884

# I have a beautiful family

who I'm  
struggling to  
financially  
support.

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# I'm working longer hours

# because my relationship is breaking down.

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# I always stay at the pub until close

# because I hate going back to an empty house.

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**I've met the  
love of my  
life**

**but my family  
don't approve.**

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# Bradford City winning 3-0

is the only thing  
getting me  
through the  
week.

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