

The background features several large, semi-transparent colored circles: a light green one in the top left, a light orange one in the top right, a light blue one in the bottom center, and a darker blue one in the bottom right.

'A FRIEND CAME AND HELPED ME TIDY  
UP WHEN I WAS STRUGGLING WITH MY  
MENTAL HEALTH '

FRIEND OR FAKE?

Labels  
are for  
Jars, not  
People!



**SHEFFIELD  
VOICES**



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Centre for Independent Living