



My name is...

This alien feeling makes my body feel... How I would describe this feeling:

How it makes my life more difficult:

Some things that make me feel this feeling:

This is how other people know this feeling has visited me:









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GRIEF GALAXY

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Support is immediately available on weekdays (excluding bank holidays) from 8am to 8pm 08088 020 021 ask@winstonswish.org winstonswish.org