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C - Connect (11 111 1111)

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The image displays a 10x10 grid of 100 rectangles, each containing a unique pattern of black and white lines. The patterns are combinations of horizontal and vertical lines, creating a visual binary code. The grid is organized into four groups of 25 rectangles each, with the first two groups having a black dot to their left.

A - (be) Active ()

A 10x10 grid of 100 squares. Each square contains a number of small black squares (dots) arranged in a pattern. The number of dots in each square corresponds to the value of the square's row and column indices (starting from 0). For example, the square at row 0, column 0 contains 0 dots, and the square at row 9, column 9 contains 81 dots.

L - Let Out (your emotions by expressing your creativity) (□□□□□□ □□□□□ □□□□ □□□□□ □□□□□)

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M - Meditate/Mindful (□□□□□□□□ /□□□□□□ □□ □□□□□)

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- Childline
- Kooth
- Cus-Ed
- Mind Mate

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- Samaritans (የሰላም ሰጪ) - በሰላም ሰጪ ሰው
በሰላም ሰጪ ሰው 116 123 በሰላም ሰጪ ሰው 24
በሰላም ሰጪ ሰው ሰው
- Shout (የሰላም ሰጪ) - በሰላም ሰጪ ሰው 'የሰላም ሰጪ
በሰላም ሰጪ ሰው ሰው በሰላም ሰጪ ሰው ሰው
በሰላም ሰጪ ሰው 85258 'SHOUT' በሰላም ሰጪ ሰው
በሰላም ሰጪ ሰው
- Papyrus (የሰላም ሰጪ) - በሰላም ሰጪ ሰው
በሰላም ሰጪ ሰው በሰላም ሰጪ ሰው
በሰላም ሰጪ ሰው 0800 068 4141 (10am (በሰላም ሰጪ) -10pm (በሰላም ሰጪ)) በሰላም ሰጪ

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