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FRANK is available 24 hours a day, 7 days a week.  
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You can talk to FRANK confidentially:  
on 0300 123 6600

by textphone (for the hard of hearing)  
0300 123 1099

by emailing [frank@talktofrank.com](mailto:frank@talktofrank.com)

FRANK can also tell you what services are  
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