A close-up, high-resolution photograph of a woman's face, focusing on her eyes and upper half. She has light brown eyes and a neutral, somewhat somber expression. The text is overlaid in a bold, black, sans-serif font, centered on her face.

**I can't bear the shame
I can't talk to anyone
They'll say it's all my fault
No one understands
I feel frightened all the time
I can't go on like this
I don't know who to turn to
I feel so alone**

TALKING CAN HELP THE FEELINGS FADE

1800 77 88 88

**NATIONAL 24HR HELPLINE FOR VICTIMS OF
RAPE AND SEXUAL ABUSE**

 **RCC** Rape Crisis Centre

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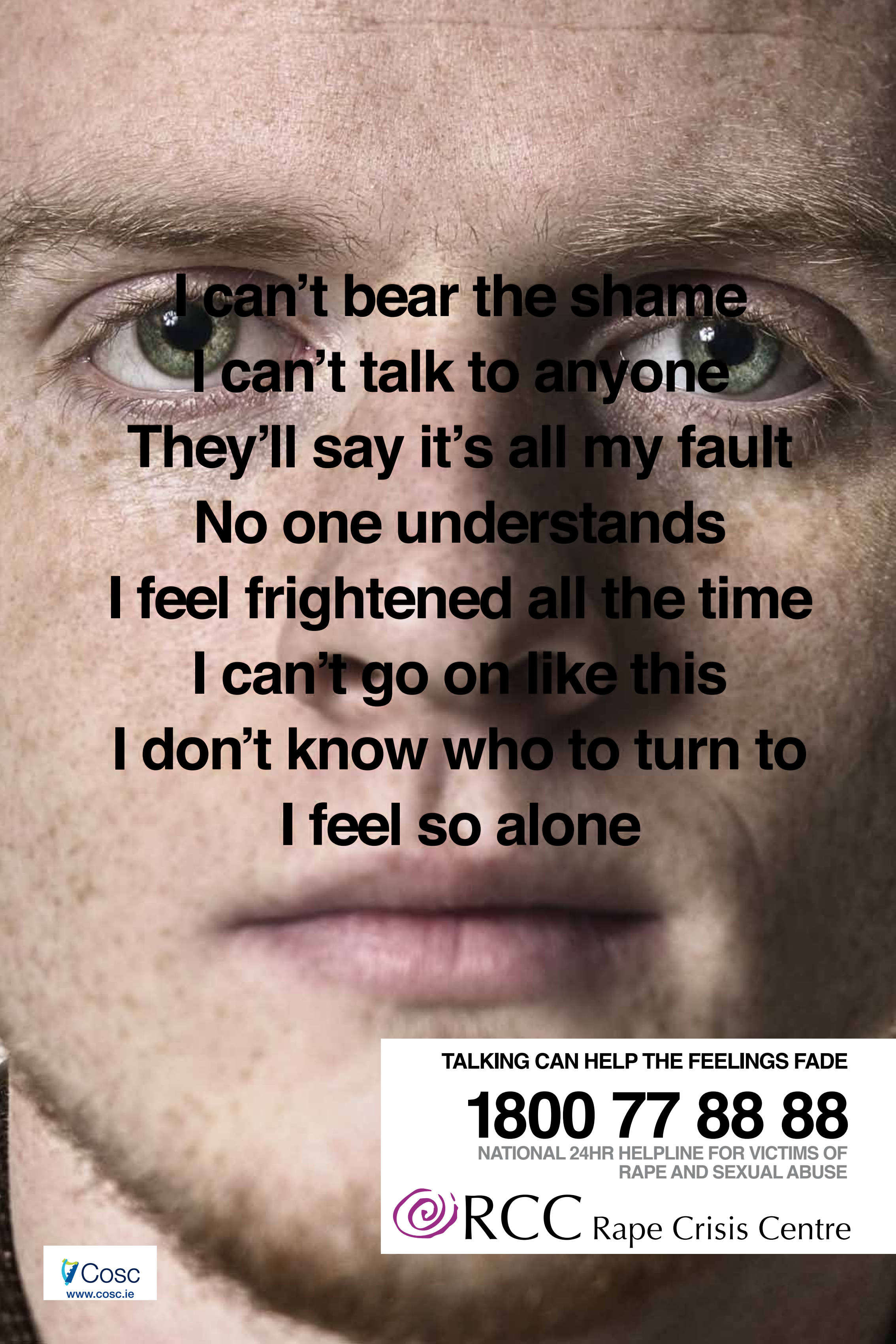
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