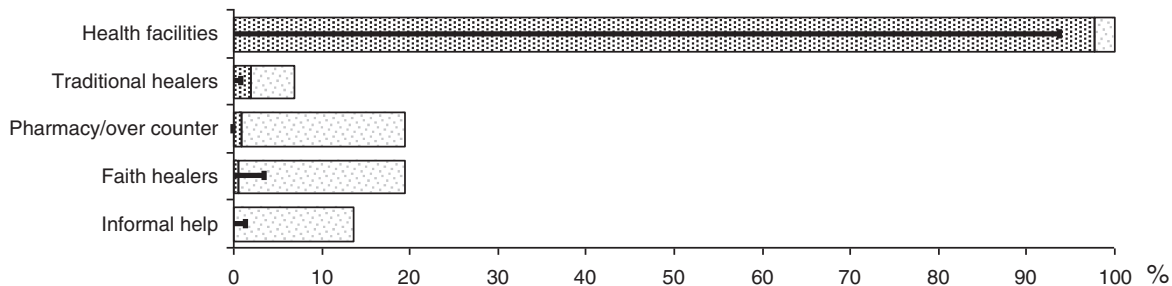


External help seeking



Self-help

