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STAR OPENS UP ON STRUGGLES

HELEN: MY PSYCHOSIS HELL

EXCLUSIVE
 BY MITYA UNDERWOOD

SOAP favourite Helen Flanagan has spoken out about suffering a "very scary" psychotic episode.

The former *Coronation Street* star, 33, says she had a mental and physical breakdown after failing to properly process her split from long-term love Scott Sinclair – and fell apart during a holiday in Bali with their three kids.

FULL STORY: PAGES 44-5



SPLIT
CORONATION
 Helen and Scott

» Ex-Corrie favourite tells of spiralling into scary place ... » Her physical and mental breakdown after love split



COURAGE Helen speaks candidly about her ordeal

The Mirror Of Helen

CL Gary



The Mirror Of Helen:

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<https://archive.kdd.org/public/uploaded-files/HomePages/Stress%20Adaptation%20Prophylaxis%20And%20Treatment.pdf>

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The Mirror Of Helen Introduction

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