

# Details







Photographed by [Caitlyn Raymond](#)  
Modeled by [Abbey Brady](#), [Ashley Rhodes](#) and [Allison Davis](#)



Photographed by [Caitlyn Raymond](#)  
Modeled by [Allison Davis](#)





Photographed by [Caitlyn Raymond](#)  
Modeled by [Abbey Brady](#), [Ashley Rhodes](#) and [Allison Davis](#)

# Letter from the EDITOR

December is typically thought of as the end. The end of the year, the end of an era, new year, new me kinda thing.

I make sure I write my New Year's resolutions and have a cute party dress for the NYE. Each year knowing I understand more and am trying to grow from the previous. But time feels different than simply 'year-to-year'. It feels too quick or too slow. Or long days and short weekends.

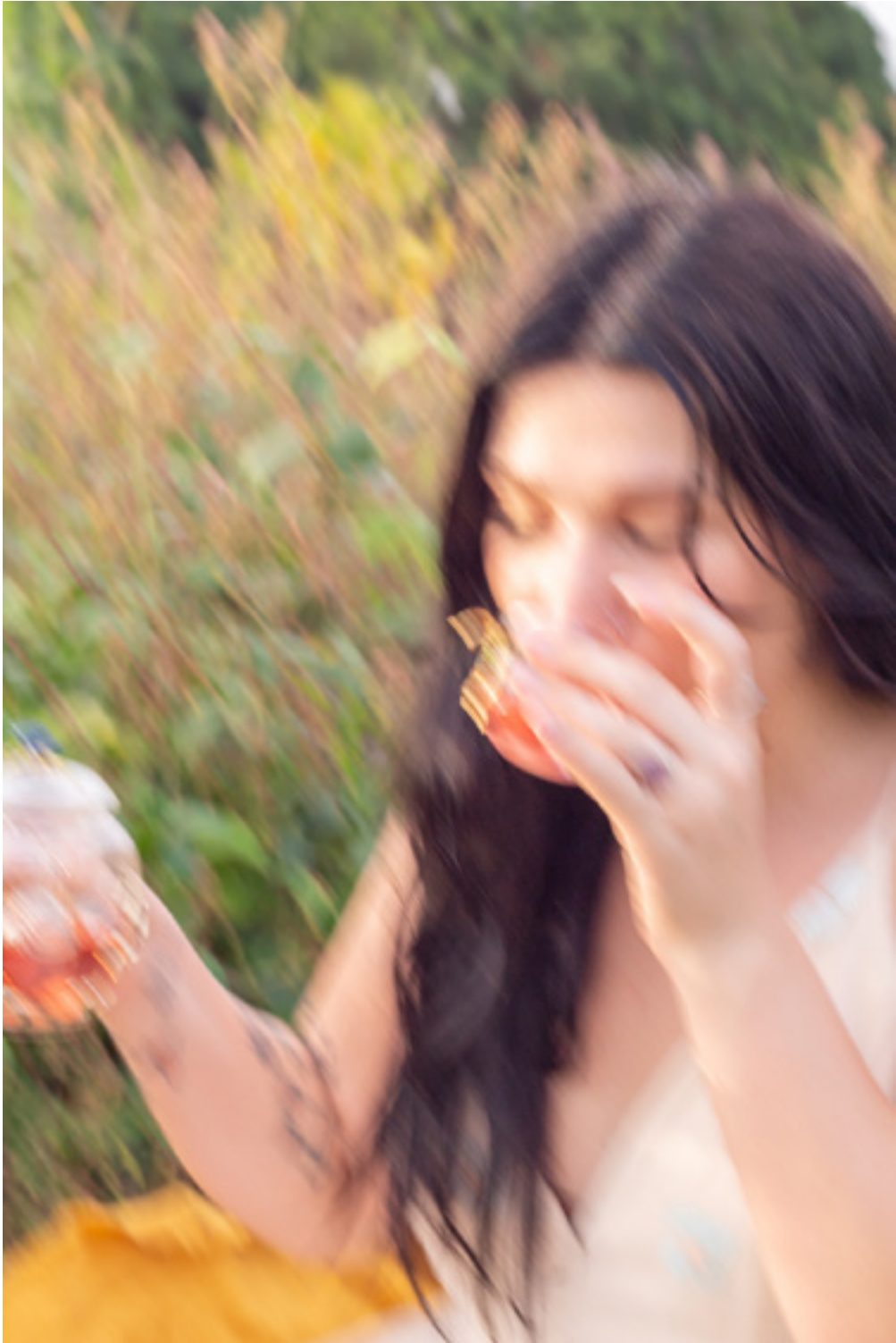
Let's take this month and focus on the generality of time. A concept which is just that, a concept. Time is an illusion yet it controls our every thought, plan, mistake.

But how much have we truly thought about the things time dictates or the feeling of passing through? In this issue we wanted to capture what it feels like to move or float through times via different periods of one's life as you'll see in the photography. Within the articles and inspirations we asked questions. Questions about time.

Thank you for your continuous support of Details Magazine and thank you to my talented team, who constantly create powerful work to inspire and educate others.

*Caitlyn Raymond*





Photographed by [Caitlyn Raymond](#)  
Modeled by [Allison Davis](#)



Photographed by [Caitlyn Raymond](#)  
Modeled by [Ashley Rhodes](#) and [Allison Davis](#)

# CONTENTS





# CONTENTS

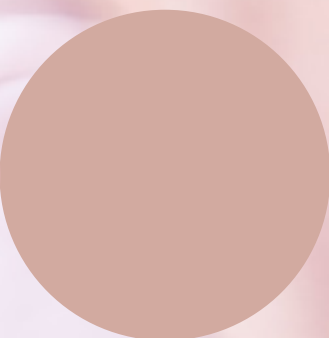
- 10. December Colors
- 14. Podcast Spotlight
- 18. Back in the Driver's Seat
- 20. December Vibes
- 28. Last Times
- 34. Time- The Illusion
- 40. Recipe of the Month
- 46. Advice with Annie
- 52. To Younger Me
- 60. Pink Page
- 72. Every Second Counts
- 80. Hotline Information
- 82. Credits



Photographed by [Caitlyn Raymond](#)  
Modeled by [Allison Davis](#)



Photographed by [Caitlyn Raymond](#)  
Modeled by [Abbey Brady](#), [Ashley Rhodes](#) and [Allison Davis](#)







Photographed by [Caitlyn Raymond](#)  
Modeled by [Abbey Brady](#), [Ashley Rhodes](#) and [Allison Davis](#)

Photographed by [Caitlyn Raymond](#)  
Modeled by [Allison Davis](#)



# THE PODCAST SPOTLIGHT

## The Psychology of Time

Written by [Caitlyn Raymond](#)

“Subjective time requires us to ditch the structure of our physical reality and instead look at how the human brain works.”

Even though time does not have any physical form, our brain still recognizes and tracks time. Your direct experience isn't the steady, consistent structure that we have created as a society. This episode dives into how your brain perceives time and the psychology behind it all with special guest, [Marc Wittman](#). With over 221 publications and 8,405 citations, as listed on ResearchGate, Marc Wittman is a Neuropsychologist at Institut für Grenzgebiete der Psychologie und Psychohygiene where he focuses on the psychology of time and the affects of different states of mind on the comprehension of time.

The Timely Podcast is a 5-episode show with established scholars that have insight into the concepts of time. We thought this was the perfect episode to set intentions with time. Understanding a bit more of the process of your brain will allow you to ask yourself questions about how you can make the most of time without letting it dictate your life.





## About time



# **THE Psychology of Time**

[Listen Here](#)



Photographed by [Caitlyn Raymond](#)  
Modeled by [Ashley Rhodes](#) and [Allison Davis](#)



Photographed by [Caitlyn Raymond](#)  
Modeled by [Allison Davis](#)





**BACK  
IN THE  
DRIVER'S  
SEAT**

# DRIVER'S SEAT

Written by [Mason Hawker](#)  
Photographed by [Caitlyn Raymond](#)  
Modeled by [Allison Davis](#)

Whether it's for this magazine, my own blog or any other outlet, I always try to write about my own life from a 'glass half-full' perspective. And why wouldn't I? After all, there's enough misery in the world at the moment without me adding to it. Unfortunately, though, my sunny disposition on the page isn't always reflected in real life, and that's never more true than now, at the tail end of nine months of unemployment (so far). I sit, I dwell and I overthink, and it seems like there's something different for me to mull over every single day - I never quite seem to be able to catch a break. It's hard to admit that without moaning, but I'm just telling my truth.

Last week, that troubling thing was time itself - more specifically, the feeling that it was passing me by, and there was nothing I could do about it. I'd turned 25 and I was sitting there, in the thick of November, with seemingly very little to show for my year. That's a hopeless situation, let me tell you, and when you're down in the dumps like that it can be very easy just to wallow in self-pity. I definitely know what that's like, because it's usually when the comfort eating starts! So when it happens, what do I do about it? I take control, I make changes, but not necessarily the kind you might expect.

They aren't major life alterations. There's plenty of time for those, and in any case, it's always much better to take baby steps - and I mean baby steps. I've realised I have to seize the initiative wherever I can, even if that means deciding to eat my dinner an hour after Mum and Dad have finished theirs, as I have done recently.

It's caused a little bit of debate, and I suspect they think there's something driving me away from them, no matter how many times I try to convince them otherwise. But the simple fact is that they won't dictate when I'm hungry: I will. They can't complain if I spend too long in my room either, because if I have my solitude, I'm calm and content, and those moments are worth their weight in gold. You may well think I'm immature, or I have a screw loose (now that I've written about my dinner routines, I'm wondering if I do too). But in a life that's increasingly felt like it's getting away from me, it allows me to climb into the driving seat and get back behind the wheel. That might only be for five or ten minutes at a time, but that doesn't mean it's any less valuable. It provides a light in the darkness, it helps to guide me through uncertain times, and it makes the long-term unknown that little bit less daunting.

Photographed by [Caitlyn Raymond](#)  
Modeled by [Allison Davis](#)



# TIME FLEW BY the dec '22 playlist





# ***Come a Little Closer***

Cage the Elephant

# ***CAN YOU HEAR THE MOON?***

Grady

# ***Mr. Rager***

Kid Cudi

# ***Lullaby***

UMI, Yeek

# ***Moonlight***

XXXTENTACION

# ***Lost In Yesterday***

Tame Impala

# ***Space Song***

Beach House

# ***In My Room***

Frank Ocean

# ***Karma***

Taylor Swift

# ***Ophelia***

The Lumineers

# ***If I Lose Myself***

OneRepublic

# ***Under the Bridge***

Red Hot Chili Peppers

# ***sail away***

lovelytheband

# ***deja vu***

Olivia Rodrigo

# ***broken – acoustic***

lovelytheband





Photographed by [Caitlyn Raymond](#)  
Modeled by [Allison Davis](#)



Photographed by [Caitlyn Raymond](#)  
Modeled by [Abbey Brady](#), [Ashley Rhodes](#) and [Allison Davis](#)



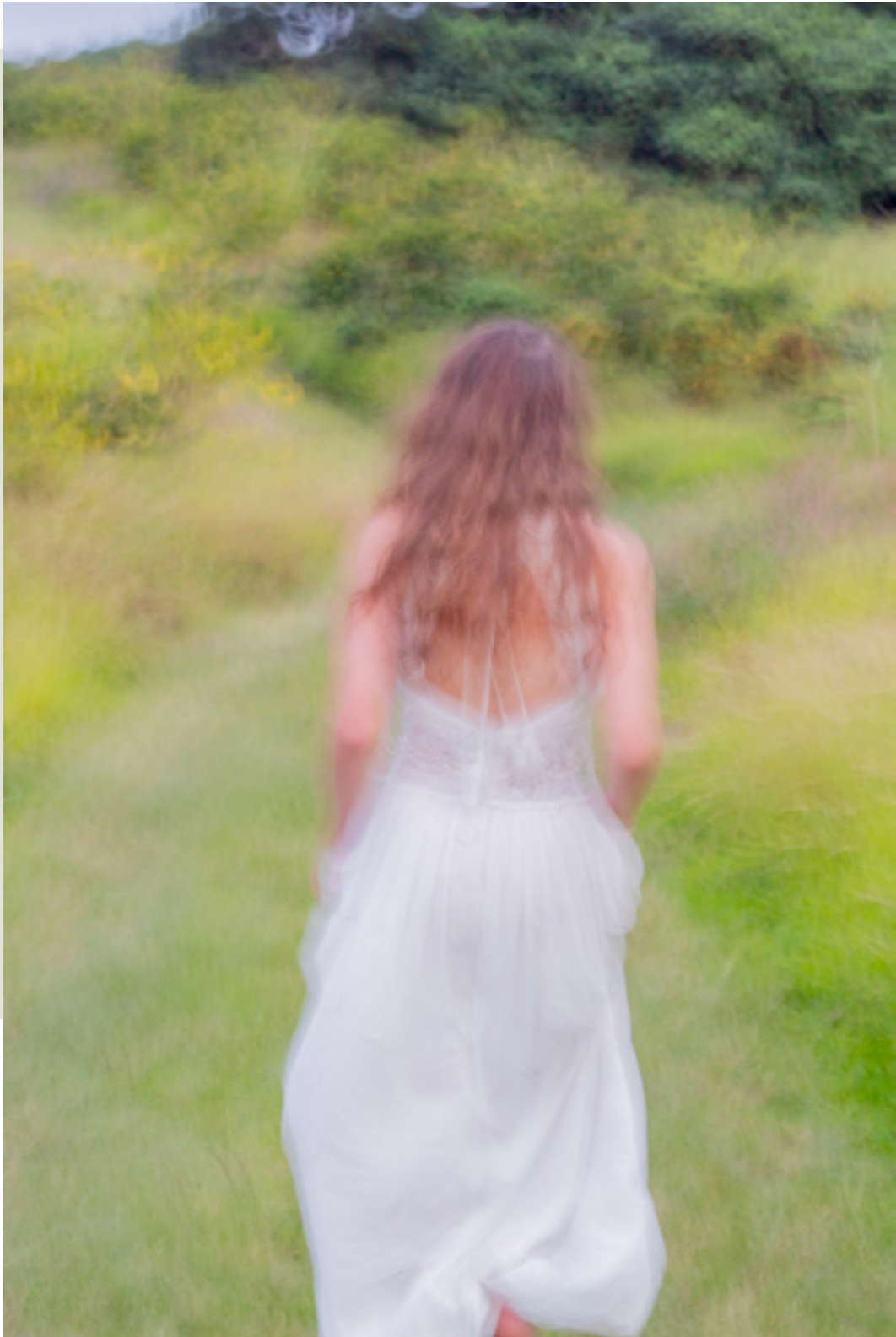
Photographed by [Caitlyn Raymond](#)  
Modeled by [Ashley Rhodes](#) and [Allison Davis](#)





Photographed by [Caitlyn Raymond](#)  
Modeled by [Ashley Rhodes](#) and [Allison Davis](#)





Photographed by [Caitlyn Raymond](#)  
Modeled by [Ashley Rhodes](#)

# Last Times

Written by [Hannah Pilgrim](#)

I remember wiggling baby teeth in my mouth.

I remember twisting and turning them  
with my fingers and my tongue until finally  
they came loose  
and I was rewarded by the tooth fairy.

But I don't remember  
when I tongued the last empty gap,  
when the tooth fairy became mum and dad  
and then stopped,

I don't remember whether the last baby tooth was a molar or a canine.  
my last baby tooth fell like a tree in an empty forest.

I remember being atop my dad's shoulders,  
up so high I could almost touch the clouds,  
with my tiny hands clutching his ears like reins.

I remember screaming, half out of fear,  
when coming down to the ground because I was scared of falling from such a height  
but I do not remember the time he put me down to never pick me up again.  
I don't remember when I became taller standing than I was sitting on his shoulders.  
the last shoulder ride passed me by,  
unnoticed like gold dust in a river.

How many last times have gone by like a tear in the rain?  
How many see ya later to friends will not be answered with a hello again?  
How many last times are waiting to slither past like a snake in the grass?



Photographed by [Caitlyn Raymond](#)  
Modeled by [Ashley Rhodes](#) and [Allison Davis](#)





Photographed by [Caitlyn Raymond](#)  
Modeled by [Abbey Brady](#)





Photographed by [Caitlyn Raymond](#)  
Modeled by [Ashley Rhodes](#) and [Allison Davis](#)



Photographed by [Caitlyn Raymond](#)  
Modeled by [Allison Davis](#)



Written by [Alexandra Beitia](#)

# **TIME**

## **the illusion**

Photographed by [Caitlyn Raymond](#)  
Modeled by [Allison Davis](#)



A clock is ticking in the background, quietly in the hours of my youth. But soon the sound grows louder with every rotation of the Earth, every year added to my age. The vigor of each strike causes the walls of my heart to shake violently. The pressure is closing in around me, suffocating me with intangible time stamps and voices screaming with judgment and disappointment.

I missed the 4-year mark of university and went for 5 years. “Slow.” “Dumb.”

I was 16 and had “never been kissed”. 19 years old with bunched up fists and jittery nerves when I had my first. “Prude.”

20 years old before I lost my virginity. “Slut.”

23, almost 24 years old, with no career or serious prospects. “Failure.”

Single with no one on the horizon. “Old maid to be.”

Not seeking a house, a homestead, a mortgage. “Lost.”

This is all an illusion, a veiled curtain hanging on a frayed rope.

When the time is right, that curtain will fall and the only thing that will remain is the steady calm of your heart’s tick.

The beat of your own circadian rhythm is drowning out all those voices; bringing the societal clock to an abrupt stop. No longer will you be silenced by the arbitrary markers of so-called success.

Success is in the eye of the beholder, not marked by the age you reach your next chapter.

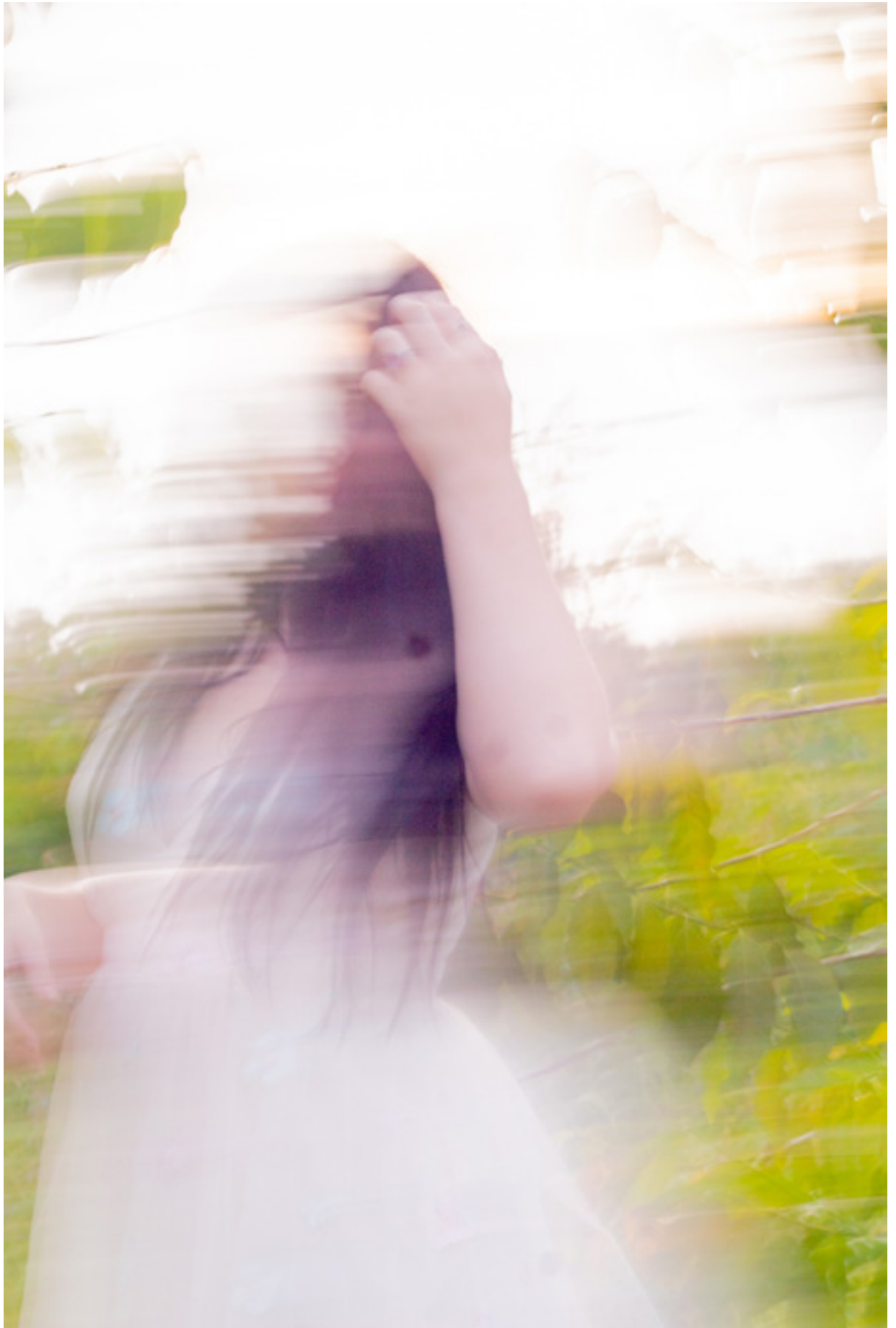
Chapters are uniquely written, each line strung together after many edits, grammatical corrections, and sparks of creativity.

Every chapter will build on one another into a novel of nuanced meaning that only the author will be able to decipher.

Paths forged and risks taken by those unafraid to write about the controversial, uncomfortable, and impossible make history and stamp their own marker.

The impossible made possible by following your own ticking heart and pulsating mind.





Photographed by [Caitlyn Raymond](#)  
Modeled by [Allison Davis](#)



Photographed by [Caitlyn Raymond](#)  
Modeled by [Abbey Brady](#)



Photographed by [Caitlyn Raymond](#)  
Modeled by [Ashley Rhodes](#) and [Allison Davis](#)



Photographed by [Caitlyn Raymond](#)  
Modeled by [Ashley Rhodes](#) and [Allison Davis](#)



# RECIPES OF THE MONTH

## Spicy Panko Cruised Cauliflower



Photographed by [Caitlyn Raymond](#)  
Modeled by Cheyenne Petridis and [Alexandra Beitia](#)

## INGREDIENTS:

Cauliflower

Milk

Cornstarch

Panko

Hot sauce

Salt, pepper, cumin



# RECIPES OF THE MONTH

## METHOD:

Steam your cauliflower and let it cool. In a bowl, combine salt, pepper and cumin with panko bread crumbs. Coat your cauliflower in milk, cornstarch, milk again, then panko crumbs. Place them on a baking sheet and spray with cooking spray. Bake for a few minutes.

Photographed by [Caitlyn Raymond](#)  
Modeled by Cheyenne Petridis and [Alexandra Beitia](#)



Photographed by [Caitlyn Raymond](#)  
Modeled by [Abbey Brady](#), [Ashley Rhodes](#) and [Allison Davis](#)



Photographed by [Caitlyn Raymond](#)  
Modeled by [Abbey Brady](#)







Photographed by [Caitlyn Raymond](#)  
Modeled by [Ashley Rhodes](#) and [Allison Davis](#)





Photographed by [Caitlyn Raymond](#)  
Modeled by [Allison Davis](#)





Photographed by [Caitlyn Raymond](#)  
Modeled by [Abbey Brady](#), [Ashley Rhodes](#) and [Allison Davis](#)





Photographed by [Caitlyn Raymond](#)  
Modeled by [Allison Davis](#)



Photographed by [Caitlyn Raymond](#)  
Modeled by [Allison Davis](#)



Photographed by [Caitlyn Raymond](#)  
Modeled by [Abbey Brady](#)



Photographed by [Caitlyn Raymond](#)  
Modeled by [Abbey Brady](#), [Ashley Rhodes](#) and [Allison Davis](#)



T O

Y O

U N G

G

E R

M E

Reflecting on younger self and the time passing between then and now

When we're young, adults often ask us what we want to be in the future; when we grow up. At the age of 7, our answers are probably something like astronaut, princess, cowboy. At 13 years old, the answer may be more along the lines of president, writer, rockstar. However, from the age of 16 and above, they're looking for more serious answers.

Written by [Annie Zygmunt](#)  
Photographed by [Caitlyn Raymond](#)  
Modeled by [Ashley Rhodes](#) and [Allison Davis](#)

Since I learned to read, I read a lot of books; I grew up wanting to be a writer. So I started writing stories of my own, and took a university course in Creative Writing to be a better writer. That is still a hobby I pursue to this day, mostly by writing for this magazine.

However, when I was 13 years old, I wanted to start filming, and so I made a YouTube channel where I posted a video with one of my friends. Then I stopped and posted a few videos with another friend at 16 and we made videos together for about a year after which she resigned. I continued making videos and gained a few followers along the way.

Then in about 2020/2021 I decided to try streaming on Twitch. At the time I only did chatting streams, but eventually I decided to try gaming on streams. Back in 2021, I wasn't getting much attention on Twitch, with only about 40 followers and averaging 1 to 2 viewers per stream. My goal for affiliate was still very high up the ladder; it seemed like a tough climb.

Now, we are approaching the end of 2022 and the beginning of 2023, and my goal of being a Twitch affiliate is only a few steps away thanks to a supporting Discord community. Thus, my goal of being a known content creator is one step closer to where it was a year or two ago. And definitely much closer than it was when I was 13.

Being young isn't the time to make hard and fast decisions about where or who you want to be in life. It's the time to explore the world of opportunities available to you. The time to make mistakes and learn from them. To quote one of my guilty pleasures of all times, "Take the wrong train and get stuck somewhere. Fall in love. A lot. Change your mind and change it again, because nothing is permanent. So make as many mistakes as you can. That way, someday when they ask what we wanna be, we won't have to guess. We'll know."

13 year old me never expected to get over 10 subscribers on YouTube, let alone over 200. She also didn't expect to start streaming games online, let alone being this close to being affiliated and being paid for doing what she likes from the comfort of her own room.

So don't overthink your future too much. Don't overthink anything too much. Try to live in the present as much as you can. Sure, make little plans along the way. Keep your career and hobbies open as much as you can. Try different things and see what you like. If you think you may be into fashion at 13, start by making outfits for a doll your parents hid in the attic because you outgrew it. Then move onto crocheting or something similar. Start little by little. Then move onto the bigger things.

Having been born in Poland, I never thought I'd leave my city, let alone the country of my birth. Then I moved to England. Looking back at it now, 8 year old me never could have imagined where her 22 year old self would end up. Living in a whole new country, graduated from a foreign language university, working part time as a waitress, while pursuing her dreams as a writer and content creator. She never realised the world of opportunities that was ahead of her.

We can never tell the future exactly how it'll happen, and we may often reflect back on our past, and what we could have done differently. But then chances are we wouldn't end up where we are at this point in time.

The smallest change could change our entire lives. If my family never moved round England, I probably wouldn't have chased my dreams for writing and content creating. Definitely not as hard as I'm chasing them now.

So reflect on your past self, but never look back. The past is in the past, and the past can't be changed.

What you can do is believe in yourself, because if you can dream it, you can do it.



Photographed by [Caitlyn Raymond](#)  
Modeled by [Abbey Brady](#), [Ashley Rhodes](#) and [Allison Davis](#)



Photographed by [Caitlyn Raymond](#)  
Modeled by [Ashley Rhodes](#) and [Allison Davis](#)



Photographed by [Caitlyn Raymond](#)  
Modeled by [Abbey Brady](#), [Ashley Rhodes](#) and [Allison Davis](#)



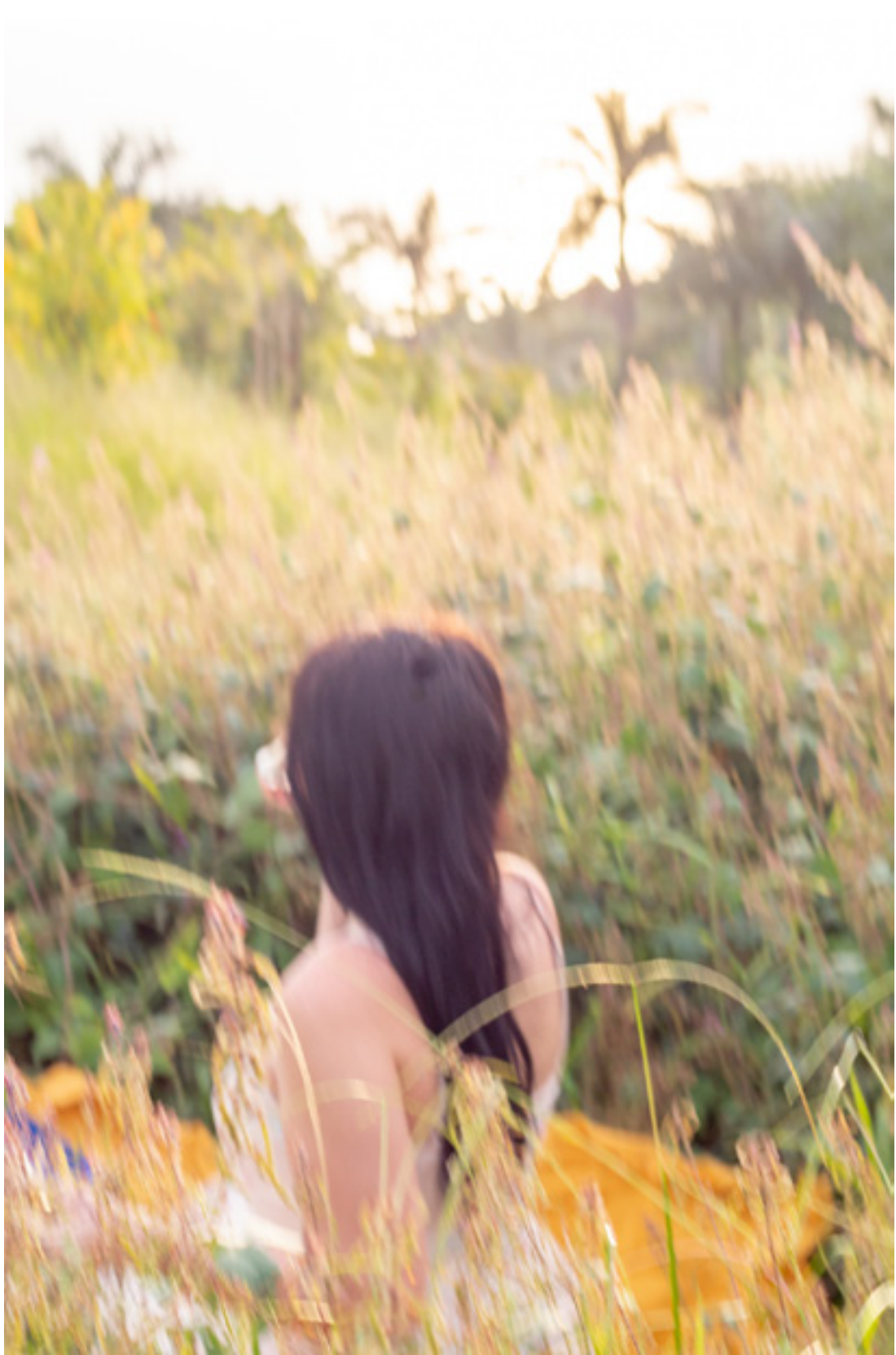


Photographed by [Caitlyn Raymond](#)  
Modeled by [Abbey Brady](#), [Ashley Rhodes](#) and [Allison Davis](#)





Photographed by [Caitlyn Raymond](#)  
Modeled by [Ashley Rhodes](#) and [Allison Davis](#)



Photographed by [Caitlyn Raymond](#)  
Modeled by [Allison Davis](#)





# Mariah Knepp

Written by [Caitlyn Raymond](#)

Photographed by [Caitlyn Raymond](#)

Modeled by Cheyenne Petridis and [Alexandra Beitia](#)

When I first stayed on the Island of Hawaii last year, I met a girl named Mariah through a mutual friend. After recently moving back, I reconnected with her looking for not only a community of strong women to surround myself with, but also some pieces of wise words for the audience of young women that read this magazine.

I chat with Mariah about the magazine and what advice she has for the young readers. I ask, “how do you cope with anxiety?”

“Working out. Not letting my body sit like that. Reminding myself if someone doesn’t respond they’re probably just busy, I am busy too... Listening to podcasts! I love listening to Call her Daddy, I love Sofia with an E, just fun podcasts. I can’t meditate, I can’t! I tried so hard but I cannot just... my mind’s always going. But working out is a great outlet.”

Mariah Knepp moved to Hawaii three years as of this December.

“I moved from Ohio but I went to school at Virginia tech, when I graduated and went to anchorage in Alaska, then I came back I got a job in northern Virginia Arlington area hated it there, hated life, hated my job and I said why am I doing this, and that’s when, this was in the beginning of covid, I saw an Air bib price actually for a place in hilo for 400 a month and I was like I am paying 2,000 and having a roommate and this sucks in a job that I hate Im going to move to Hawaii.”

Whilst moving to Hawaii, Mariah explains that she stayed with the same job as in Ohio, despite her boss being strictly against it. “Nobody does what I do. I’m in an office with 6 brokers who only do the real estate side. And he (Mariah’s boss) was like ‘can you work remotely for us until we find someone to replace you?’ And I was like, ‘yeah I can!’”

“Now I have three major clients, KB Extreme, which is the bowling alley here, Chubby’s Diner, and Papa Kona.





“

**I have to be shapeless, fluid.**

”



So working on projects like that help me stay afloat but it's definitely an ebb and flow working for yourself. When you walk into Chubby's Diner or KB Extreme you will see everything I have done, on their TV's, on their wall. In the snap frames at the bar. I created all of the marketing materials in the center, on their website. I do website maintenance for them."

"I really wanna focus on small businesses. I really like collaboration. I really like to get to know who I'm working with, what their goals are. I get to help them determine their audience or, 'I have this idea, I don't know how to get it out to people'... I really want to focus on creating; doing what I do best."

As Mariah explained her creative process, I asked "what motivates you?"

"Creative freedom" she said instantly. "Being able to express, not only myself and my style, but whatever the brand is that I'm working on... When I was at the advertising agency in Alaska I had really strict parameters for the brands that I was working on. KB Extreme has been like, 'you are the master in this field, we trust you, you know what you're doing'. And I'm like 'yes!' I am so excited to do these things! I am so excited to work on this and this... They just give me a prompt. Just having that freedom... and having that time to be free, it just gets my creative juices flowing. I've never had a com-

pany trust me like that... I am able to produce so really good stuff."

Did you have difficulty adjusting to the Island time?

"Oh yeah! When I first got here I was like on it, on it, on it. I still am but I know to wait a few days before I can expect a response and if they don't get back to me right away it's not because I said something wrong... someone sends me an email, I respond immediately. It's a big adjustment to the pace. I have to be shapeless, fluid."

After chatting with Mariah I walked away remembering to be kinder about myself when things don't go to plan. To be shapeless and fluid.







Photographed by [Caitlyn Raymond](#)  
Modeled by [Abbey Brady](#), [Ashley Rhodes](#) and [Allison Davis](#)



Photographed by [Caitlyn Raymond](#)  
Modeled by [Ashley Rhodes](#)



Photographed by [Caitlyn Raymond](#)  
Modeled by [Abbey Brady](#), [Ashley Rhodes](#) and [Allison Davis](#)



Photographed by [Caitlyn Raymond](#)  
Modeled by [Abbey Brady](#)





Photographed by [Caitlyn Raymond](#)  
Modeled by [Abbey Brady](#), [Ashley Rhodes](#) and [Allison Davis](#)



Photographed by [Caitlyn Raymond](#)  
Modeled by [Abbey Brady](#) and [Ashley Rhodes](#)



Photographed by [Caitlyn Raymond](#)  
Modeled by [Ashley Rhodes](#)





Photographed by [Caitlyn Raymond](#)  
Modeled by [Allison Davis](#)



**MAKE EVERY**

**SECOND**



**COUNT**

Written by [Tia Giles](#)  
Photographed by [Caitlyn Raymond](#)  
Modeled by [Allison Davis](#)



As the saying goes, every second counts – particularly when it comes to a game of Netball. Playing the sport since the ‘age of 6’ and determined to lead her team to victory alongside her Vice, Emily Thompson, 2nd Team Captain for the University of Winchester Netball Society, talks about how ‘the smallest of mistakes’ can really change a game and that there is truth in the saying, ‘every second counts’.

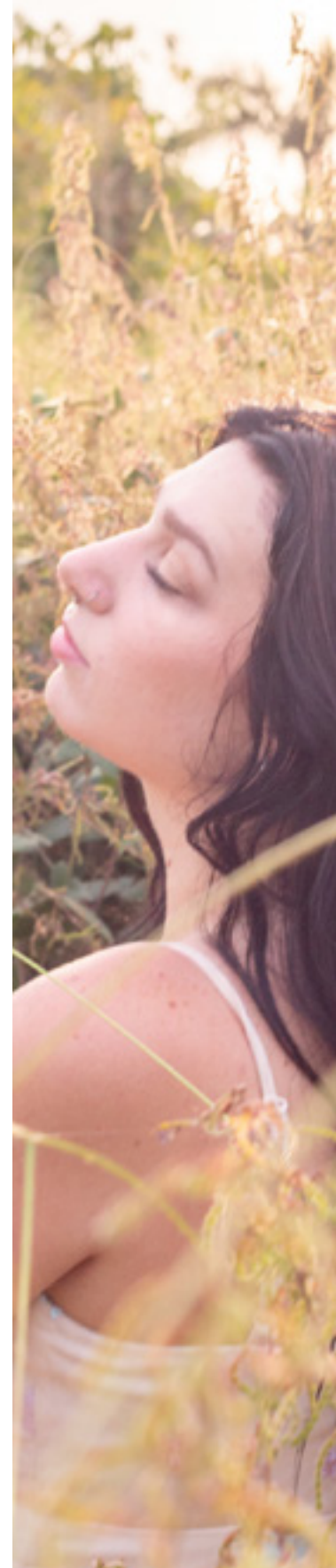
Although COVID-19 came with some restrictions to playing netball normally during her first year, Emily has since played for the 2nd’s and worked her way up to achieving the role of captain in her final year. Speaking about stepping up to this role, she said that ‘being part of the second team last year’ gave her the opportunity to ‘understand the responsibility that came with the [aspired] role’. Willing to ‘take on the challenge of leading a team to success this year’, Emily has provided consistent guidance and feedback that have resulted in herself and her team becoming ever more determined to fight for a win this season.

So, what is needed to win a game? ‘There are many aspects that are needed in a game to secure a win’, she said, ‘however, I believe that the most important is commitment and effort. You must show an element of consistency to the team by attending training and by giving 100% effort in both training and games.’ Training twice weekly, with BUCS matches most Wednes-

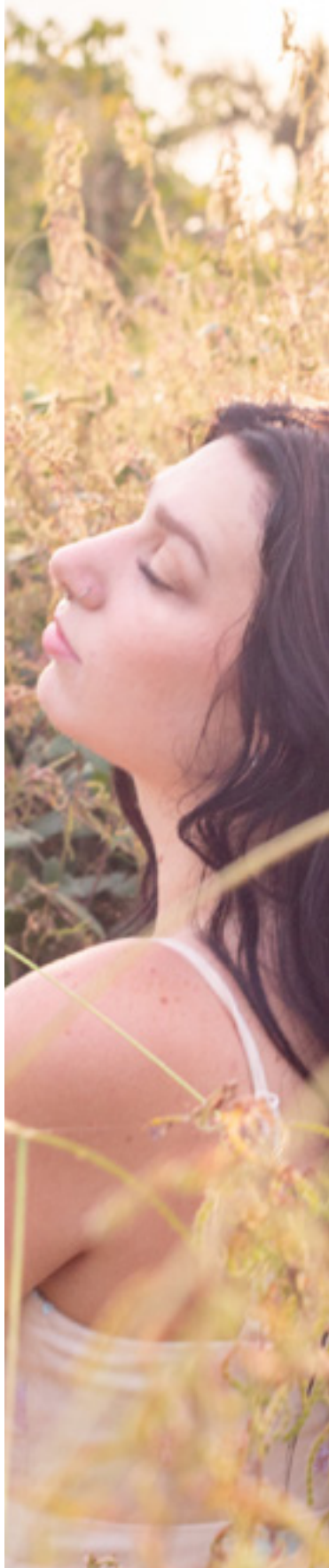
days, Emily says that through utilising the opportunities that training has to offer, and by putting in effort, ‘you are able to improve and give not only yourself but the rest of the team the best opportunity to win a game’.

Whether it be a simple slip of the ball, a player failing to mark their opponent correctly or an injury that takes out one of the starting line-up players, Emily agrees with the statement that ‘every second counts’ in a game of netball. ‘The smallest of mistakes’, she says, ‘can cause a turnover of the ball and reward the other team with a free pass or a penalty pass, which automatically gives them a better chance at scoring a goal, and inevitably, a better chance at winning the game’. Typically, a netball match will consist of four quarters, each 15 minutes long, with 5-8 minute intervals in between, which are usually used for team talks and strategies. When asked what strategies Emily discusses with her team during this time, she said that she instead uses a different approach. ‘We do not tend to discuss different strategies between quarters’, she told me, ‘We instead discuss elements of the game that we can work on as a team’. For example, she elaborated, ‘moving forward for the ball, slowing down and not rushing when we are rewarded with a free pass or penalty pass, to really make the most of the opportunities and not to waste it’.

When asked the question of whether the time restriction of a







match motivates her in any way, Emily said that shortened match time 'could motivate the players if it was a close game'. This is because, she continued, 'if there is a limited amount of time left, players know that they don't have much longer left to be running around. Therefore, they can give 100% effort as they will have in the back of their mind that they will be finishing the game soon'.

Being a netball player and Captain of the 3rd's myself, I could relate to a lot of what Emily said, particularly when the timings of matches were discussed. She said, which I agree with, that 'some matches can go by very quickly, whereas others can feel like they're dragging'.

Speaking of the season so far,

the 2nd's hardest match to date has been against Southampton Solent University, where the team lost by an unfortunate five points, 24-29. 'Both teams played at a similar level of netball', Emily said when I asked her about it, 'and due to it being an away game, we didn't have the support of our home players, which always usually helps increase motivation'.

Finally, I asked Emily what she would change about netball if she had the opportunity to do so. 'If I could change anything about the game', she said, 'it would be the point scoring'. She then relayed her idea to me. 'When you shoot inside the circle you receive one point but when you shoot outside of the circle, you receive two or three points because it's a

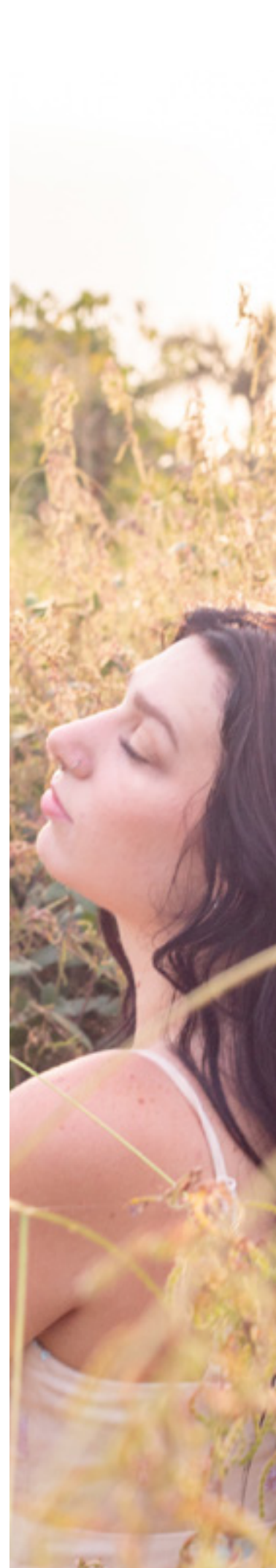
further distance away!'. Currently, only one point is rewarded for each goal that a shooter makes for their team, but I can confirm, that as a shooter myself, I'd personally love to see Emily's concept/idea put into play – I think it would challenge shooters and add more motivation and opportunity within the game and also into practicing shooting from a further distance away from the post.

The 2nds still have the rest of the season ahead to prove them-

selves worthy of becoming BUCS champions and getting ahead of their registered league - so it's all to play for!

You can keep updated with their progress, as well as the 1st and 3rd University Netball teams via the Instagram page @university-ofwinchesternetball.

I can't wait to see how they get on and I have no doubt that Emily and her Vice-Captain will lead their team to victory this season.





Photographed by [Caitlyn Raymond](#)  
Modeled by [Ashley Rhodes](#) and [Allison Davis](#)







Photographed by [Caitlyn Raymond](#)  
Modeled by [Abbey Brady](#), [Ashley Rhodes](#) and [Allison Davis](#)







# USA Hotlines

*All hotline information gathered directly from Therapy Route. For more information and help go to Therapy Route or contact a specialist. You are not alone.*

## **Suicide and Crisis Lifeline**

Nation-wide hotline for suicide prevention, emotional distress and crisis. Available 24 hours.

**Tel: 988**

## **California Youth Crisis Line**

California Youth Crisis Line offers 24-hour emotional support for youth, their families and friends throughout California.

**Tel: 1 (800) 843-5200**

## **Careline Crisis Intervention**

The Careline Crisis Intervention provides 24-hour crisis intervention for individuals in Alaska who are considering suicide or experiencing crisis, isolation, or depression.

**Tel: (907) 452 4357**

**Tel: 1-877-266 4357**

## **C.O.P.E. Center Helpline**

COPE offers emotional support and crisis intervention for people in Ozaukee County, the Greater Milwaukee area and beyond. It does this through its 24-hour telephone Hotline and educational outreach programs.

**Tel: 262-377-2673**

## **Crisis Line of Central Virginia**

Crisis Line of Central Virginia provides confidential crisis intervention, support, referral, prevention, and education services to the people in Central Virginia Community who are in distress, in crisis, or at risk of suicide.

**Tel: (804) 947-4357**

**Tel: 1-888-947-9747**

## **Crisis Services of North Alabama**

The Crisis Services of North Alabama is open 24/7 to help people in North Alabama who are in distress, in crisis or at risk of suicide.

**Tel: (256) 716-1000**

**Tel: 1-800-691-8426**

## **Crisis Support Services of Nevada**

Crisis Support Services of Nevada offers 24/7 support to people in Nevada who are in crisis or is at risk of suicide.

**Tel: 1 800-273-8255**

## **Didi Hirsch Suicide Prevention Center**

Didi Hirsch Suicide Prevention Center offers free mental health, substance use disorder and suicide prevention services to people anywhere in the US. They also offer follow-up services for suicidal patients discharged from area emergency departments.

**Tel: (800) 273 8255**

## **EMPACT–Suicide Prevention Center**

EMPACT–Suicide Prevention Center offers 24-hour emotional support to people in Arizona who are depressed, hopeless, or having suicidal thoughts.

**Tel: 480-784-1500**

## **Helpline, Inc.**

Helpline's services include a 24/7 confidential information, 2-1-1 service, referral and crisis counselling helpline, suicide prevention and intervention training, telephone reassurance program, dedicated LGBTQ helpline, and phone answering services for non-profits and organizations in the Florida Keys.

**Tel: (305) 296-4357**

**Tel: 211**

## **IMALIVE**

IMALIVE provides a 24/7 crisis hotline for anyone who is feeling depressed, hopeless, or suicidal throughout US.

**Tel: (202) 536 3200**

## **National Suicide Prevention Lifeline**

The National Suicide Prevention Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. They are made up of an expansive network of over 170 local- and state-funded crisis centres located across the United States.

**Tel: 1-800-273-8255**

## **National Suicide Prevention Lifeline**

National Suicide Prevention Lifeline provides Spanish-speaking counsellors, available 24/7 anywhere in the US.

**Tel: 1-888-628-9454**

## **National Suicide Prevention Lifeline**

National Suicide Prevention Lifeline provides options for the deaf and hard of hearing individuals anywhere in the US.

**Tel: 1-800-799-4889**

## **The Trevor Project**

The Trevor Project provides a 24-hour phone hotline, as well as limited-hour webchat and text options, for lesbian, gay, bisexual, transgender and questioning youth anywhere in the US who are in distress or at risk of suicide.

**Tel: 1 866 488 7386**

## **Three-digit suicide prevention hotline**

Three-digit suicide prevention hotline provides mental health support to people in the United States.

**Tel: 988**

## **Veteran/Military Crisis Line**

Veteran/Military Crisis Line offers 24-hour free support for active U.S. service member, veteran & family members who are in distress, suicidal or in crisis.

**Tel: 1 800 273 8255**

# UK Hotlines

## **National Suicide Helpline UK**

National Suicide Helpline UK offers a supportive listening service to anyone throughout the UK with thoughts of suicide or thoughts of self-harm. They are open 24/7.

**Tel: 0800 689 5652**

## **Samaritans UK & Ireland**

Samaritans UK & Ireland offers 24-hour emotional support to anyone in distress or at risk of suicide throughout the UK & Ireland. They have 201 branches open 365 days a year, where people can also talk in person.

**Tel: 116123**

## **Connect Counselling**

Connect offers a free telephone counselling and support service for any adult who has experienced abuse, trauma or neglect in childhood. Their service is available from 6-10 pm, Wednesday to Sunday.

**Tel: 1800 477 477 (Ireland)**

**Tel: 00800 477 477 77 (UK and Northern Ireland)**

**Tel: 00353 (0) 1 865 7495 (Outside ROI and UK)**

## **Calm**

Campaign Against Living Miserably Help and support for young men aged 15-35 on issues which include depression and suicide.

**Tel: 0800 585858**

## **HopeLine UK**

For practical advice on suicide prevention

**Tel: 0800 068 4141**

## **Premier Lifeline**

Helpline providing a listening service, information, emotional and spiritual support from a Christian perspective. Helpline providing a listening service, information, emotional and spiritual support from a Christian perspective

**Tel: 0300 111 0101**

## **Breathing Space**

Breathing Space provides emotional support and assistance to people in Scotland who are depressed, in crisis or at risk of suicide. They are operating from 6 pm to 2 am.

**Tel: 0800 83 85 87**

## **Anxiety UK**

Anxiety UK works to relieve and support those living with anxiety and anxiety-based depression by providing information, support and understanding via an extensive range of services, including 1:1 therapy.

**Tel: 03444 775 774**

## **Mind**

Mind provides advice and support to empower anyone in the UK who are experiencing a mental health problem. Their lines are open 9 am to 6 pm, Monday to Friday.

**Tel: 0300 123 3393**

**Tel: 0121 262 3555 (Birmingham)**

## **No Panic**

No Panic offers support and services over the telephone to people in the UK who suffer from Panic Attacks, Phobias, Obsessive Compulsive Disorders and other related anxiety disorders including those people who are trying to give up Tranquillisers. Their line is available from 10 am to 10 pm every day of the year. After 10:00 pm their number plays a recording of a Breathing and Relaxation Technique.

**Tel: 0844 967 4848**

## **SANE**

SANE provides emotional support, guidance, and information to anyone in the UK who are affected by mental illness, including families, friends and carers. They are open from 10 am to 10 pm, Monday - Friday.

**Tel: 0300 304 7000**

## **Cruse Bereavement Care**

Cruse Bereavement Care offering a listening ear and emotional support to anyone in the UK who has lost someone they love or been affected by a bereavement. The helpline is open Monday-Friday 9:30 am -5:00 pm.

**Tel: 0808 808 1677**

## **Rape Crisis**

Rape Crisis National Helpline offers confidential emotional support, information and referral details to women and girls in the UK who have experienced sexual violence. Open between 12:00 -14:30 and 19:00 - 21:30 every day of the year.

**Tel: 0808 802 9999**

## **Mental Health Matters Helpline**

Mental Health Matters Helpline offers 24-hour emotional support to people in Hertfordshire, Coventry & Warwickshire, Stafford, Midlands & East Veterans, Midlands & East Veterans Service, Leicestershire & Rutland Recovery Service and Plymouth who are in distress or at risk of suicide.

**Tel: 0800 052 0658 (Hertfordshire)**

**Tel: 0800 616 171 (Coventry & Warwickshire)**

**Tel: 0800 0130 626 (Stafford)**

**Tel: 0300 323 0139 (Midlands & East Veterans Service) Tel:**

**0300 323 0187 (Leicestershire & Rutland Recovery Service)**

**Tel: 0300 323 0101 (Plymouth)**

## **Self-injury Support**

Self-injury Support offers emotional support, listening and signposting for women affected by self-injury. They are open every Tuesday, Wednesday, and Thursday from 7 pm - 9.30 pm.

**Tel: 0808 800 8088**

## **SupportLine**

SupportLine offers emotional support, advice, and information particularly for people in the UK who are socially isolated, vulnerable, at-risk or experiencing any form of abuse. They are open every Tuesdays, Wednesdays and Thursdays, 6pm to 8pm.

**Tel: 01708 765200**



Photographed by [Caitlyn Raymond](#)  
Modeled by [Ashley Rhodes](#) and [Allison Davis](#)





# CREDITS

Caitlyn Raymond

Alexandra Beitia

Allison Davis

Annie Zygmunt

Mason Hawker

Hannah Pilgrim

Ashley Rhodes

Abbey Brady

Tia Giles

Details Magazine  
by Caitlyn Raymond  
December '22 Issue  
Time  
2022

[www.DetailsMagazine.co.uk](http://www.DetailsMagazine.co.uk)

[Contact.DetailsMagazine@gmail.com](mailto:Contact.DetailsMagazine@gmail.com)

Instagram: @Magazine.Details  
Facebook: @Details.Magazine.Details  
Pinterest: @CaitlynForeignFlowers  
TikTok: @Magazine.Details  
Podcast: All The Details  
Spotify: Details Mag