



Release the
pressure -
don't suffer
in silence

Text KENT to 85258 for free, or phone
0800 107 0160 for confidential support
on any issue 24/7.

For more information visit
releasethepressure.uk

Support is free and confidential, provided by an independent charity
and funded by Kent and Medway health and social care partners.

**A BETTER
MEDWAY**
Easier ways to be healthy

