



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](http://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

