



If you know someone who's  
feeling the pressure, get  
them to call **0800 107 0160**  
or visit **[releasethepressure.uk](https://releasethepressure.uk)**

## Release the Pressure

Talking to highly trained and experienced support workers for free advice can help people who are feeling the pressure.

**Don't suffer in silence.**

*"I was in a really dark place. Talking helped me realise things would get better."*

Bill, 40, from Kent\*

 **0800 107 0160**

 **releasethepressure.uk**

Support is free and confidential, provided by an independent charity and funded by Kent County Council.



\* Quotes are genuine, but names have been changed to protect confidentiality