



If you know someone who's
feeling the pressure, get
them to call 0800 107 0160
or visit 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.

“So much had gone wrong in my life, talking helped me to start to take control and put things right.”

Joe, 34, 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