

me divorce  
time  
**KIDS** GUILT  
Money  
worries  
Work knackered  
life balance  
RESPONSIBILITY

Release the  
pressure -  
don't suffer  
in silence

For free confidential 24hr support  
call 0800 107 0160 or  
text SHOUT to 85258

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.

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