

RELEASE the PRESSURE DON'T SUFFER in silence

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

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

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.

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