

RELEASE THE  
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\*

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

