

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 STAND to 85258

For more information visit releasethepressure.uk

NHS
Kent and Medway

Medway
COUNCIL
Serving You

