



Release the pressure - don't suffer in silence

Text **KENT** to **85258** for free, or phone  
**0800 107 0160** for confidential support  
on any issue 24/7.

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.

**A BETTER  
MEDWAY**  
Easier ways to be healthy

