

bullying
Coming out anxiety
confusion
LGBTQ+ LOVE
crime
misunderstood
Hate identity
Lonely
RELATIONSHIPS

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

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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