

inflation
uncertainty
COST OF
LIVING
CRISIS
DEBT
rent
sleep
benefits
problems
anxiety
depression
UNEMPLOYMENT

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.

Medway
COUNCIL
Serving You

