

RELEASE
the
PRESSURE
DON'T SUFFER
in
silence

*"it's natural to feel
anxious during times
of uncertainty, but help
is available"*

If you're feeling the pressure,
don't suffer in silence.

Call **0800 107 0160**

Text the word "**Kent**" to **85258**
or visit **releasethepressure.uk**

Support is free, confidential and available 24hrs a day. It's provided
by independent charities and funded by Kent County Council,
Medway Council and NHS partners.

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

