

me divorce
time GUILT
KIDS Money
worries
Work knackered
life balance
RESPONSIBILITY

Release the
pressure -
don't suffer
in silence

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

