

divorce
knackered money
lonely warriors
burnt out
STRESSED
trapped regret neglected
guilt
shame
controlled fear
angry
insecure
BEREAVEMENT

"So much had gone wrong in my life, talking helped me to start to take control and put things right."

Joe, 34, from Kent

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
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