

divorce
KNACKERED money
LONELY worried
BURNT OUT
STRESSED
TRAPPED regret NEGLECTED
GUILT **ANGRY**
shame
CONTROLLED fear 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
Serving You

