

Money worries
illness
isolation
uncertainty
confusion

LONELINESS

scams

PENSION GRIEF
BEREAVEMENT

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

