

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 SHOUT to 85258

For more information visit  
[releasethepressure.uk](http://releasethepressure.uk)

Support is free and confidential, provided by an independent charity  
and funded by Kent and Medway health and social care partners.

