

anxiety
ILLNESS money
LONELY worriers
CORONAVIRUS
isolation
TRAPPED UNCERTAINTY
ABUSE Quarantine
Jobs worries fear CONCERN
BEREAVEMENT

It's natural to feel
anxious during times
of uncertainty, but help
is available

If you're feeling the pressure,
don't suffer in silence.
Call **0800 107 0160**
Text the word **Kent** to **85258**
or visit **releasethepressure.uk**

Support is free, confidential and available 24hrs a day. It's provided
by independent charities and funded by Kent County Council,
Medway Council and NHS partners.

**A BETTER
MEDWAY**
Easier ways to be healthy



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