

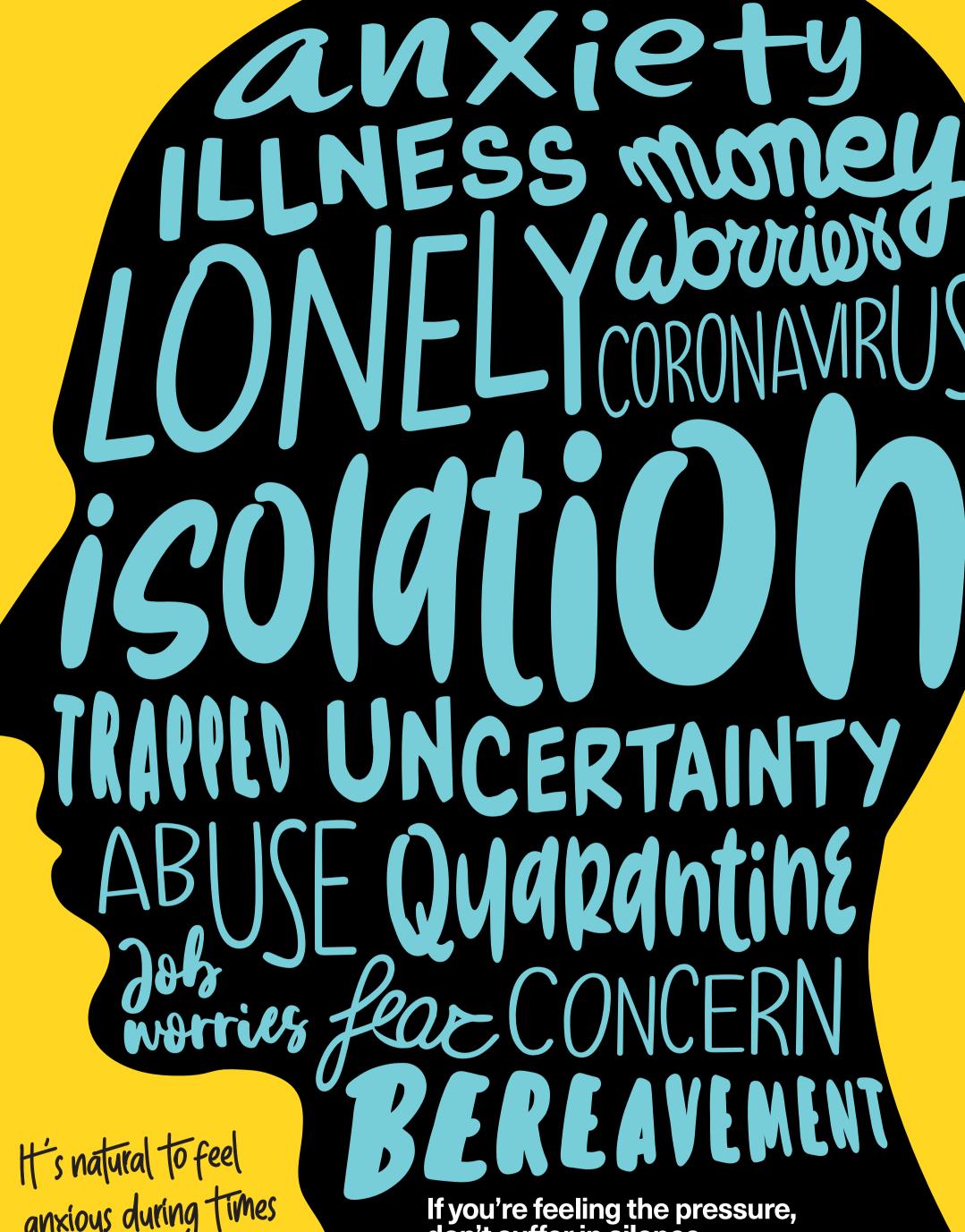
H's natural to feel anxious during times of uncertainty, but help is available

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.







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