



Feeling

stuck?

Aspirations

can help

If you are unemployed and feel like your mental health is holding you back, Aspirations can help you get to where you want to be.

Whatever the reason for your situation, we won't judge. We'll help you reach your goal, whether that's helping you improve your wellbeing or helping you find education, training or employment.

Call us on 0333 880 2730

[aspirations@porchlight.org.uk](mailto:aspirations@porchlight.org.uk) | [porchlight.org.uk/aspirations](http://porchlight.org.uk/aspirations)

**Porchlight** 

Registered Charity No: 267116



Employability

Registered Charity No: 1094905



mind  
for better mental health

North Kent

Registered Charity No: 1103790



COMMUNITY  
FUND



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