

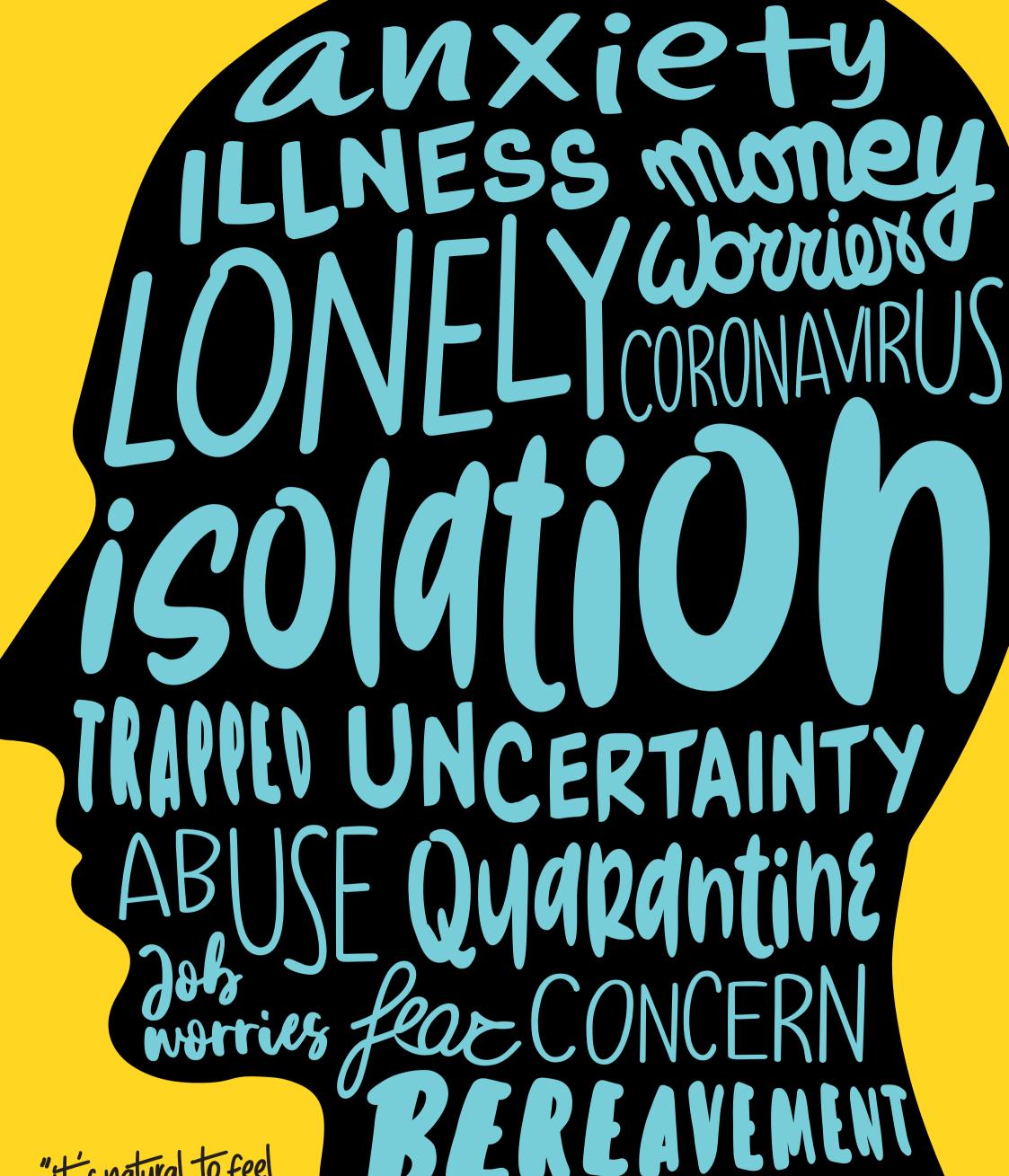
"It's natural to feel anxious during times of uncertainty, but help is available"

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