

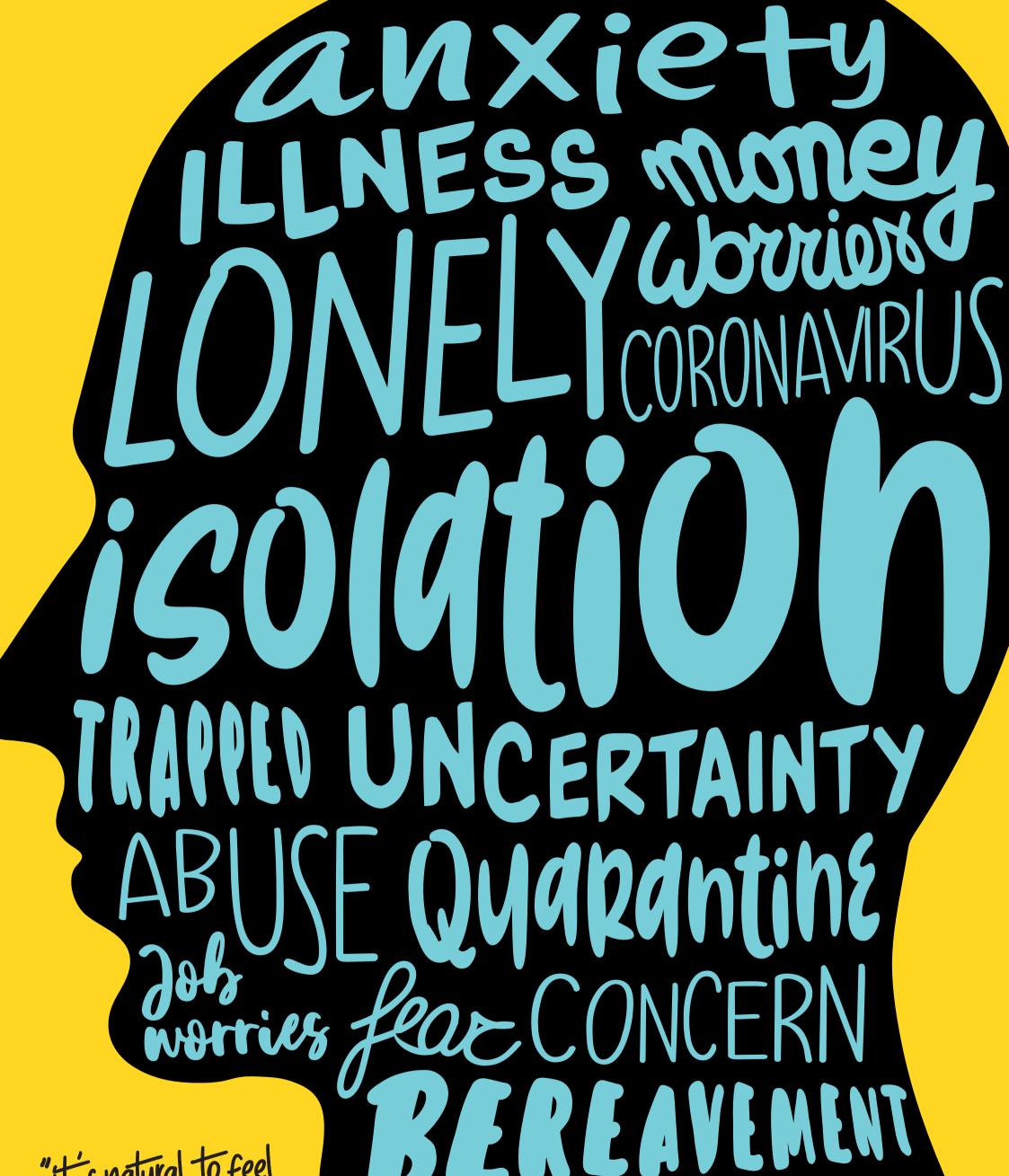
"It's natural to feel anxious during times of uncertainty, but help is available"

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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