

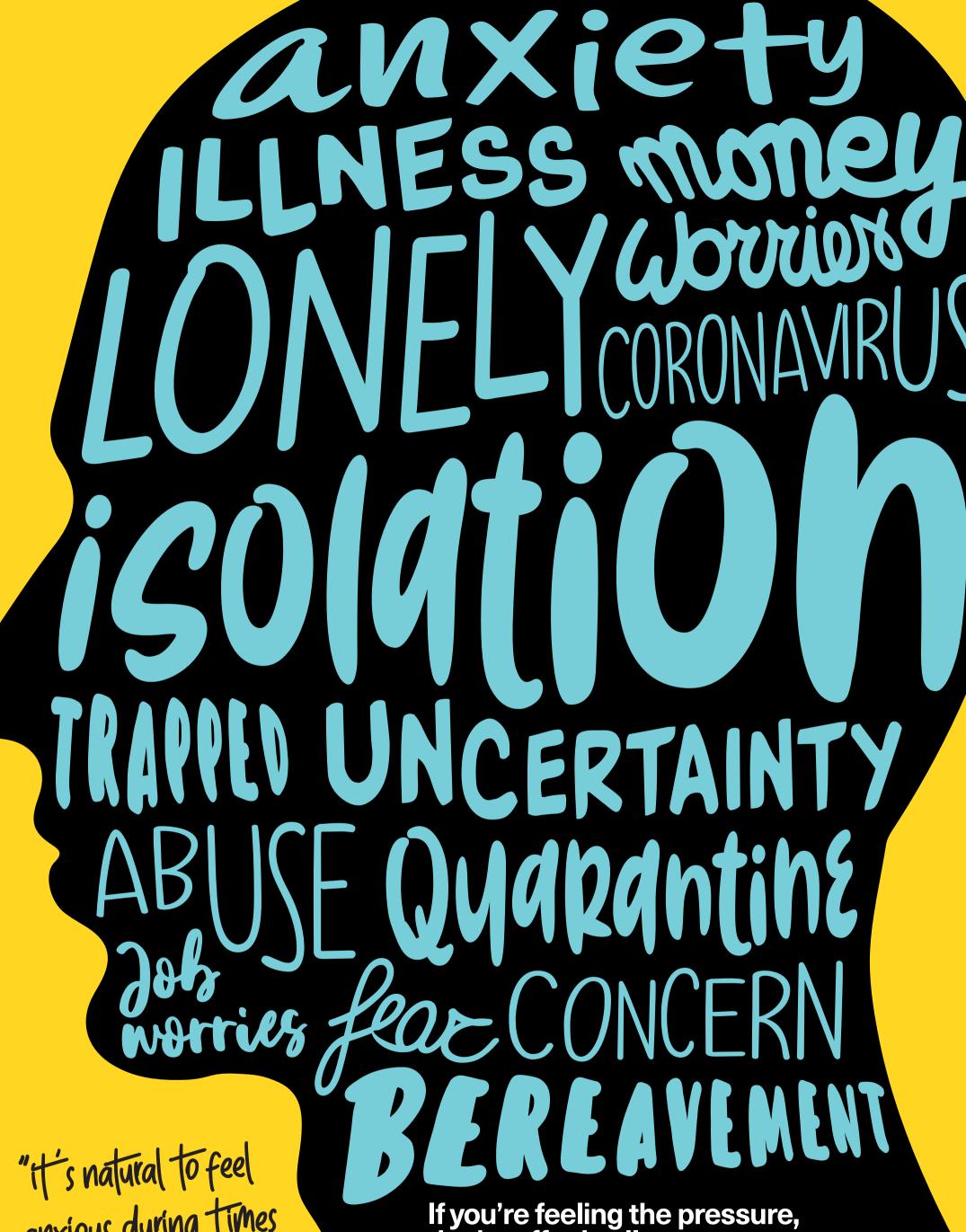
"it's natural to feel anxious during times of uncertainty, but help is available"

If you're feeling the pressure, don't suffer in silence. Call 0800 1070 160 or Text the word "Medway" 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.







"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 or Text the word "Medway" 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.



