

RELEASE the PRESSURE DON'T SUFFER in silence

"I was in a really dark place. Talking helped me realise things would get better."

Bill, 40, from Kent

If you know someone who's feeling the pressure, get them to call **0800 107 0160** or visit **releasethepressure.uk**

Support is free, confidential and available 24hrs a day. It's provided by an independent charity and funded by Kent County Council, Medway Council and NHS partners.

**A BETTER
MEDWAY**
Easier ways to be healthy



divorce
KNACKERED money
LONELY warriors
BURNT OUT
STRESSED
TRAPPED regret NEGLECTED
GUILT shame
CONTROLLED fear
ANGRY
INSECURE
BEREAVEMENT

*"So much had gone
wrong in my life,
talking helped me to
start to take control
and put things right."*

Joe, 34, from Kent

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don't suffer in silence
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or visit [release-the-pressure.uk](https://www.release-the-pressure.uk)**

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