

RELEASE THE
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 ^{worried}
BURNT OUT
STRESSED
TRAPPED regret NEGLECTED
GUILT ^{shame} ANGRY
CONTROLLED ^{fear} 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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