

RELEASE THE
the
PRESSURE
DON'T SUFFER
in
silence

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

If you know someone who's feeling the pressure, get them to call **0800 107 0160** or visit **[releasepressure.uk](https://www.releasepressure.uk)**

Support is free and confidential, provided by an independent charity and funded by Kent County Council.
* Quotes are genuine, but names have been changed to protect confidentiality