

DAY 5 Release the Pressure

Link: N/A

Hashtags: #KentTogether, #HereForYou



Text 'Kent' to **85258** for in the moment help when life gets overwhelming and you need immediate support. No fee, no registration or data required - it is silent, free, confidential and anonymous. We are here for everyone, young people and adults, 24/7 - text any time, day or night, whenever you need mental health support.

We are #HereForYou 24 hours a day, seven days a week, whenever you need mental health support. #KentTogether