

DAY 15 ChatHealth

Link: Kent Youth Health
Hashtags: #HereForYou
#KentTogether



If you're aged 11-19 years old and struggling with your emotions, we are still #HereForYou.

Text Chathealth to 07520618850 for mental health support and find out a number of ways to help you, or visit www.kentyouthhealth.nhs.uk for more info #KentTogether