



Porchlight Community Inclusion Service

Age 17+ with low mood, social anxiety, loneliness, social isolation, lack of confidence.

0800 567 7699 info@livewellkent.org.uk

If you have experienced mental ill health we can help you to reduce social isolation and loneliness by actively engaging you with activities and groups in your local community. The support is for up to 6 months with a volunteer/mentor.

We also need volunteers who are looking for a befriending role.