

Further COVID-19 information and mental health resources.....

For up-to-date information and advice about the Coronavirus, please visit the government website ([click here](#)).

[Click here](#) for government advice on how and when to self-isolate.

Thanet District Council's COVID-19 community support line is **01843 577330** or email communitysupport@thanet.gov.uk

For support about managing your mental health during this difficult time, there is some useful advice on Mind's website ([click here](#)) and Rethink's website ([click here](#)). You can also get support from Release the Pressure by texting the word KENT to 85258 or calling 0800 107 0160.