

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.

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** or visiting releasethepressure.uk Support is free, confidential and available 24hrs a day.