



## Swale Your Way

Age 17+

We offer support to help improve wellbeing for people with mental health issues living in Swale.

Currently we can offer you:

- Emotional support via telephone
- Regular support with timeframes agreed with client
- Member Facebook page conversations and video calls
- Social media connections with other clients monitored by staff
- Advice around:
  - current government recommendations to stay safe and reduce potential for infection
  - looking after wellbeing
  - creating coping strategies for those dealing with mental distress
  - coping with the impact of isolation
  - benefit entitlements, debt or housing issues

Please contact us on **07515 099191** or [donna-ashworth@together-uk.org](mailto:donna-ashworth@together-uk.org)

