



Porchlight Community Inclusion Service

Age 17+

If you have low mood, social anxiety, loneliness, social isolation, lack of confidence we can support you with:

- promoting wellbeing
- liaising with key agencies on your behalf
- linking to community help and food parcels

We are also running some small groups and activities via Zoom.

Most of our support is offered remotely; we can provide you with a mobile phone if you don't have access to one.

Please contact us on **0800 567 7699** or at info@livewellkent.org.uk