



Live well

Kent and Medway

Help with your mental health

Live Well Kent & Medway provides **free mental health support for younger people and adults**. Our network of local voluntary organisations and charities can help you:

- Better manage your mental health
- Gain confidence and meet new people
- Get help with money, debt or benefits
- Get support with housing issues
- Access free therapy and counselling-type services
- Find work, volunteering and education opportunities
- Join activities and support groups run by people with similar experiences

You can contact us yourself, or someone like your doctor or a friend can do it for you. Call **0800 567 7699** or email **info@livewellkent.org.uk**

livewellkent.org.uk

Live Well Kent & Medway is delivered on behalf of Kent County Council and the NHS by two charities: Porchlight (charity no. 267116) and Shaw Trust (charity no. England and Wales 287785; Scotland SC03985)

On behalf of



by

shaw trust **Porchlight** 