



Kent
County
Council
kent.gov.uk



Live well

Kent and Medway



South Kent

Supporting the mental health & wellbeing of people in South Kent




**Struggling
with
finances?**

**Unsure how
to cope with
bereavement?**

**Feeling
lonely or a
bit lost?**

**No matter what you're
going through, we're
here to listen:**

 **01303 250090**

 **contact@southkentmind.org.uk**

 **southkentmind.org.uk**



Only 30%

**of people feel they
always have access to the
things they need to have
positive mental health
and wellbeing**

We're here for you.

**Become a part of our community. Come and
have a chat with our team about how joining
as a South Kent Mind member can help you
with your wellbeing.**



01303 250090



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Charity no. 1089472

Company no. 4276323



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