

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


Registered charity 1089472 Company no. 4276323



**I truly don't think I
would still be here
if it wasn't for
South Kent Mind**

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.

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