



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**



“

**Coming along to South Kent Mind has helped me massively, I feel wrapped in support.**

”

## 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**  **[contact@southkentmind.org.uk](mailto:contact@southkentmind.org.uk)**

[southkentmind.org.uk](http://southkentmind.org.uk)

Charity no. 1089472

Company no. 4276323



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