



South Kent in Dover

Live well

Kent and Medway

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

🌟 [southkentmind.org.uk](http://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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