



**South Kent  
in Hythe & New Romney**

**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**

 **southkentmind.org.uk**



# **mind** South Kent in Hythe & New Romney

**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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Charity no. 1089472

Company no. 4276323



**Follow us @southkentmind**