



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.

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Charity no. 1089472
Company no. 4276323



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