



Kent and Medway
Talking Therapies

MEN, YOU'VE GOT A LOT ON YOUR SHOULDERS.

Let's Lighten the Load Together and Take Back Control

TAKE ACTION NOW. It's FREE, Confidential and You Don't Even Need to See Your GP

We have helped thousands of Men like you with the expert tools and support to get back on top of life. Start Today:

CALL

0333 091 0414

TEXT

"KMTALK" to 88802

SCAN



SIMPLE | CONFIDENTIAL | FREE



withyou

GET BACK ON TRACK

For You, and the Important People in Your Life.

We understand that you're under a lot of pressure! We have helped thousands of Men like you with evidence-based tools, resources and therapies to help you overcome things like: Financial Stress and Job Uncertainty, Relationship Struggles and Fatherhood, Work Pressure and Burnout, Grief and Loss, Health Concerns, Depression and More...

All of our services can be provided via secure video, text, webinar, phone or in person. 100% confidential and completely FREE.

IT'S AS EASY AS 1-2-3

1

If You are Over 17.5 and registered with a GP in Kent and Medway, it's simple, confidential and Free to get started right now. Take Action and Take Back Control of Your Life.

CALL

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SCAN



2

Have an empowering 1 to 1 session with our team and together agree a plan to get you back on track!

3

A trained specialist will guide you every step of the way with a range of therapies, tools, resources and support.



www.kmtalkingtherapies.co.uk