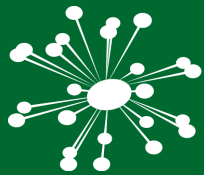


Who can I go to for advice
and help to feel better?



involve



A charity making a difference to people & communities in Kent.



Get in touch!



03000 810 005



www.involvekent.org.uk

**We improve health by promoting choice,
connecting people and challenging inequalities.**

If you need help to



Find resources and support for your caring role



Access services for your family



Navigate your way through health & social care services



Meet like-minded people



Feel less lonely



Attend groups and activities



Feel connected to your local community



Access benefits, housing services & advice



Find emotional support and understanding

Get in touch!



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www.involvekent.org.uk

Working across Kent with
60 other charity partners



involve

Charity no: 1066911



We are here for you!



West Kent
Health and Care Partnership

On behalf of



Kent
County
Council
kent.gov.uk