

# FREE SUPPORT FOR CARERS

Are you a Health and Social Care carer in Kent?

Are you caring for a loved one at home?

For a limited period of time we are pleased to provide a free counselling service for carers who are struggling with their mental health during the Covid 19 crisis \*

Counselling sessions via telephone or video call (Zoom, Skype, Facetime, WhatsApp). All calls are taken in the strictest confidence.

If you would like to find out more please feel free to contact us

\*Please note this offer is subject to availability.

**REWRITE**  
*Your Story*  
Helping people rewrite mental health

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