

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



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



Get in touch!



03000 810 005



[www.involvekent.org.uk](http://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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Working across Kent with  
60 other charity partners



**involve**

Charity no. 1066911



**We are  
here for  
you!**



On behalf of

