



## **There are a range of mental Health Services available locally for parents, carers and families**

Mental health and wellbeing support available locally in Swale for individuals and families is centrally coordinated with charities and CIC working together.

This is called 'Swale Your Way'

Swale Your Way offers a range of community-based activities including informal drop-in sessions, one-to-one support and peer-led social and leisure groups.

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