



Chat4Change

**Breaking the silence,
changing the conversation.**

It's not always obvious that
someone is struggling with their
emotional health and wellbeing.

#Chat4Change and start a
conversation today.



Find out more at kaleidoscopeplus.org.uk
or get free confidential support
by texting **TeamKPG** to **85258**.





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We are taking part in...

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**The
Kaleidoscope
Group**
Creating brighter futures together

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