

Fancy a chat?

Our volunteers are still here for you.

Telepal is a FREE phone service that connects you with our friendly volunteers who are available to talk as often as you'd like.

Register today by calling **01732 227000**.

Telepal is run by Sevenoaks District Council in partnership with West Kent Mind, Age UK and Sevenoaks Counselling with help from Sevenoaks School.



Sevenoaks Counselling
a professional service offered by
Christians to the whole community



Sevenoaks & Tonbridge
ageUK



mind | West Kent
for better mental health

SEVENOAKS SCHOOL

Sevenoaks
DISTRICT COUNCIL