



Kitchener's

10 Kirkley Cliff

LOWESTOFT

Lowestoft NR33 0BY



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**Let's end loneliness & work together to
prevent veteran & blue light suicide**

NEW DROP IN SESSION

Are you currently serving or have served in HM armed forces? Are you a firefighter, paramedic, doctor, nurse or police officer (working or retired)?

Kitchener's is offering a new drop in just for you...

We're here for you if you're feeling lonely and want a bit of like-minded company and a chat. If you're struggling with something, we'll help signpost you to the right professionals who can help!

**12PM-2PM EVERY LAST FRIDAY OF
THE MONTH**

Please note that we are not financial, medical or mental health professionals but we can assist you with finding contact details of the appropriate professional pathways

