

Live Well Kent

A free service to anyone 17+ which can help to improve mental and physical health.

Call: **0800 567 7699**

Email:

info@livewellkent.org.uk

Website:

livewellkent.org.uk

Kent Health Trainers.

Can help with healthy eating, exercise, quitting smoking, alcohol or drug issues, stress, emotional wellbeing and more.

Call: **0300 123 1220** (option 3)

Email: kcht.healthtrainers@nhs.net

Website: kenthealthandwellbeing.nhs.uk

CGL (Change Grow Live)

Charity that supports people to help people with substance use.

Website: changegrowlive.org

Alcoholics-anonymous.org.uk

For anyone concerned about their alcohol consumption. A support network of people who share their experiences and help others to recover from alcoholism.

Website: alcoholics-anonymous.org.uk

Call **0800 917 7650**.

Talktofrank.com

Friendly, confidential drug and alcohol advice. Get advice for yourself, a friend or a relative.

Call **0300 123 6600** (24hrs a day).

Website: Talktofrank.com

Drinkaware.co.uk

If you are concerned that you or a loved one has a problem with alcohol, please visit website for many links to other websites that can help.

West Kent Recovery Service

Gravesend based support for people suffering from drug or alcohol abuse.

Call **01474 566659**.

Kent Advocacy

Provides statutory and non-statutory community advocacy services for adults.

Call: **0300 34 35 714**

Email: Kent@seap.org.uk

Text: 80800 keyword SEAP

Rethink Sahayak

Asianline offers a culturally sensitive listening and information service for the Asian community and those affected by mental health issues .

Call: **0808 800 2073**

They also offer one-to-one befriending.

Call: **01474 364837**

Email: sahayak@rethink.org

Age UK North West Kent

Age UK North West offers a wide variety of services for older people and their carers.

Call: **01474 564898**

Email: contactus@ageuknorthwestkent.org.uk

Website: ageuk.org/northwestkent

MEGAN

Provide opportunities for people experiencing mental health issues to share their views and experiences.

Call: **01634 402077**

Email: enquiries@megancic.org.uk

Website: megancic.org.uk

Porchlight

Offer housing and health and wellbeing services

Call: 24-hour Helpline **0800 567 76 99**

Website: porchlight.org.uk

Shelter

Talk to an expert housing adviser if you're in urgent need of housing advice.

Call; **0808 800 4444**

CAB

Citizens Advice provides free, confidential and independent advice to help people overcome their problems.

Call Adviceline: **03444 111 444**

Website: citizensadvice.org.uk

National Domestic Violence Helpline

Freephone 24 Hour National Domestic Violence Helpline, run in partnership between Women's Aid and Refuge, is a national service for women experiencing domestic violence, their family, friends, colleagues and others calling on their behalf.

Call: **0808 2000 247** 24HRS Freephone

Gamblers Anonymous

A fellowship of men and women who share their experiences and support one another.

Website; gamblersanonymous.org.uk

IMAGO—Carers support

If you look after someone and would like to find out more information;

Tel: **01892 530330**

Email: hello@imago.community



Samaritans

Open 24 hours a day, seven days a week and provide confidential, non-judgmental emotional support.

Call: **08457 90 90 90**

Email: jo@samaritans.org

Samaritans Text Service: **07725 90 90 90**

Mental Health Matters

Helpline is a confidential service offering emotional support to anyone calling.

Helpline: **0800 107 0160** 24 hours a day, 7 days a week.

Email: info@mentalhealthmatters.co.uk

Mobile Freephone: **0300 330 5486**

Minicom: **0191 549 8563**

Kent and Medway Social Care Partnership Trust

Have a crisis contact centre for statutory mental health support services. This single telephone number is available 24/7 if you need mental health advice and support.

Call: **0300 222 0123**, 24 hours a day, 7 days a week

Minicom: **0786 002 2819**.

PCMS — Primary Care Mental Health Service

Registered Health Professionals who help people to understand, cope with and overcome mental health and emotional problems, provides full mental health assessment, treatment plan and short term follow up or refers for onward support and management to the most suitable service. *No self referrals, Referrals via a GP, IAPT Service, or Live Well Kent.*

North Kent Mind's Services

Wellbeing Services:

A range of open and activity sessions, courses and groups.

Psychological Therapies:

Talking therapies provided on behalf of the NHS: Counselling, CBT, Psycho-education, Guided Self-Help, and Group Work.

Low-cost Counselling:

Individual Counselling without rigid limits as to the number of sessions available. Fees from £10.00 per session.

Supported Housing:

Long and short-term supported housing.

Education:

Placements for social work students, mental health nurse trainees and trainee counsellors. Mental health training sessions in various settings.

Training Services

Mental health training.

Springboard Employment Services

A range of services to support people into employment, volunteering or training.

All our leaflets are available in large print, Braille, or other formats, on request.

In North Kent Mind we are committed to continuously improve our services through quality review and service user feedback.

01322 291380

www.northkentmind.co.uk

North Kent Mind

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Signposts

A list of other support Providers.