

Release the pressure

<https://www.kent.gov.uk/social-care-and-health/health/release-the-pressure>

Life can get really tough sometimes, but talking can help. We have a highly trained and experienced team available 24/7 to provide you with confidential support to get you back on track.

Make the call.

Freephone: **0800 107 0150**

Samaritans

www.samaritans.org

Samaritans is a confidential emotional support service for anyone in the UK and Ireland. The service is available 24 hours a day for people who are experiencing feelings of distress or despair, including those which may lead to suicide.

Telephone: **116 123 (any time)**

National minicom number: **08457 90 91 92**

Email: jo@samaritans.org

Address: **Chris, PO Box 9090, Stirling, FK8 2SA**

Mental Health Matters

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

Helpline: **0800 107 0150**

(24 hours a day, 7 days a week.)

Email: info@mentalhealthmatters.co.uk

Mobile Freephone: 0300 330 5486

Minicom: 0191 549 8563

KMPT

<https://www.kmpt.nhs.uk/need-help/>

Need help in a mental health crisis or emergency during COVID-19?

Adults

For residents of Kent and Medway, call the 24 hour helpline

0800 783 9111

if you need urgent mental health support, advice and guidance.

Call **0800 107 0150** to release the pressure if you're feeling stressed. You can also text "Kent" to 85258 for 24 hour mental health crisis support via text from trained volunteers.

Under 18s

Kent - Call the 24 hour Single Point of Access on **0800 011 3474** (select option one, then option three)

Medway - Call the 24 hour Single Point of Access on

0800 783 9111

If you are a KMPT patient and you need urgent help

Monday to Friday between 9am and 5pm, contact your Community Mental Health Team (CMHT).

At other times, contact your local crisis team.

No access to a computer? Call 01322 622222 and

ask for the team you need. If you cannot remember your team's name call the 24 hour helpline

on 0800 783 9111 .

Safe Havens

If you need to see someone face to face, there are Safe Havens across Kent and Medway which offer friendly support to anyone over the age of 16 living in Kent and Medway.

Available between

6pm-11pm, 365 days a year

www.kmpt.nhs.uk/safehavenskentmedway

Kent Children and Young People's Single Point of Access

Concerned about a young person's mental health? Not sure what help is needed?

Call the Single Point of Access (SPA)

0300 1234496

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

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**.

Talk to Frank

<https://www.talktofrank.com/>

Find out everything you need to know about drugs, their effects and the law. Talk to Frank for facts, support and advice on drugs and alcohol today.

Need some friendly, confidential advice?

Call **0300 123 5500**

Call FRANK 24 hours a day, 7 days a week.

Text **82111**

Text a question and FRANK will text you back.

Send an frank@talktofrank.com

Send an email and FRANK will message you back.

Cocaine Anonymous

Support for anyone struggling with a cocaine problem. Helpline open 10am - 10pm every day.

Call **0800 512 0225**.

Narcotics Anonymous

Support for anyone with an addiction to drugs. Helpline open 10am – midnight every day.

Call **0300 999 1212**

Drugfam

Support for families, friends and partners affected by someone else's addiction to drugs or alcohol.

Open 9am to 9pm, every day. Call **0300 888 3853**.

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.

Fee Paying Counselling :

Individual Counselling without rigid limits as to the number of sessions available. Fees from £12.00 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

Out of Hours Support Providers