



Signposts

A list of other support Providers.

OUT OF HOURS SUPPORT

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 0160**

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 0160** 24 hours a day, 7 days a week.
Email: info@mentalhealthmatters.co.uk Mobile
Freephone: **0300 330 5485**
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 522222 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 1234495

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 7550.

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 6500](tel:03001236500)

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

Text [82111](sms:82111)

Text a question and FRANK will text you back.

Send an frank@talktofrank.com

Send an email and FRANK will message you back.

Narcotics Anonymous

Support for anyone with an addiction to drugs.

Helpline open 10am – midnight every day.

Call [0300 999 1212](tel:03009991212)

Cocaine Anonymous

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

Call [0800 612 0225](tel:08006120225).

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](tel:03008883853).

OTHER USEFUL SERVICES

Children and Young People's Counselling Service

For children aged 4-19 struggling with their emotional health

0300 123 4495

www.kentcht.nhs.uk/school-health

Togetherall

For young people aged **16-18** in need of mental health support, including online counselling

www.togetherall.co.uk

Kooth

For children aged **10-16** in need of mental health support, including online counselling.

www.kooth.com

CGL (Change Grow Live)

Charity that supports people to help people with substance use.

Website: changegrowlive.org

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 354837

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: 01534 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

Gamblers Anonymous

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

Website; gamblersanonymous.org.uk

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.

National Debtline

Get free, confidential and independent advice on dealing with debt problems in the UK.

www.nationaldebtline.org

Telephone: 0808 808 4000

Fax: 0121 410 5230

Monday to Friday, 9am to 8pm

Saturday, 9:30am to 1pm

NORTH KENT MIND'S SERVICES

Talking Therapies - IAPT

Many people find that they suffer to some degree from issues such as depression, low mood, anxiety, panic attacks, OCD (Obsessive Compulsive Disorder), social or other phobias, agoraphobia or Post Traumatic Stress Disorder. Help is available: North Kent Mind have been specially approved by the NHS to offer you help to overcome these issues

We welcome self-referrals. Contact us: 01322 291380

<https://northkentmind.co.uk/talking-therapies-iapt/>

FirstContact@northkentmind.co.uk or ask your GP to put in a referral on your behalf.

Talking Therapies - IAPT Medway

Referrals to Medway are managed by our partners at Insight Healthcare. Self referrals are welcome or you can ask your GP to put in a referral on your behalf;

Contact 0300 0293000 or email medway@insighthealthcare.org

Employment Services

Live Well Kent Springboard Employment Services, are delivered in Dartford, Gravesend and Swanley. This employment service is funded through the Porchlight Partnership.

You will receive one to one support, including CV's, mock interviews, job search, work skills and overcoming barriers that you may have to gain employment.

Email: EmmaJarnell@northkentmind.co.uk or phone :- 01322 291380 for an appointment.

Wellbeing Services

Many different services are provided by this department: they are all open to anyone aged 17 or over who has a mental health issue and lives within the Dartford, Gravesham or Swanley area.

- Open Sessions
- Coping With Life Course
- Mindfulness Course
- Time for Change Group
- Recovery Group
- Computer Group
- Options

Phone: 01322 291380

Email: admin@northkentmind.co.uk

Website: <https://northkentmind.co.uk>

Supporting Emotional Wellbeing During COVID

Many people are experiencing increased mental ill health due to the COVID -19 Crisis, and anxieties around the virus itself.

If you would like some support with your mental health issues through this period, please complete the digital form at:

<https://northkentmind.co.uk/supporting-you-and-your-mental-health-nkm-covid-19-response-project/>

Or for information Phone: 01322 291380

Supported Housing Service

North Kent Mind provides a supported housing service for 27 people who have experienced mental health problems and need support to live independently.

For more information contact:

Housing Manager

Tel: 01322 291380

Email: admin@northkentmind.co.uk

FOOD BANK INFORMATION

Dartford food bank

Dartford Foodbank runs a weekly programme to provide support to those in need within the community every Tuesday morning and Thursday afternoon.

For more information visit <https://www.neighbourly.com/project/5ae1c10fc7ac8925a04e1fc0>

Who to contact

Telephone

01322 225850

E-mail info@rccqcod.org.uk

Where to go

Address

46 Lowfield Street

Dartford

Kent

DA1 1HJ

Gravesham food bank

MAIN LOCATION

Riverside Community Centre,

Dickens Road,

Gravesend,

Kent,

DA12 2JY

PHONE [01474 559 555](tel:01474 559 555)

<http://gravesham.foodbank.org.uk>

info@graveshamfoodbank.org.uk

FIND A FOOD BANK

The Trussell Trust

We know it's a challenging time for everyone at the moment as the coronavirus pandemic unfolds. Food banks are grassroots, community organisations aimed at supporting people who cannot afford the essentials in life. If you are in financial crisis and live in England or Wales, please call our confidential free helpline on **0800 208 2138** (open Monday to Friday, 9am–5pm).

General Enquiries

Call us on

[01722 580 180](tel:01722 580 180)

Email us at enquiries@trusselltrust.org

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.



01322 291380

www.northkentmind.co.uk

North Kent Mind

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