

### Dartford Foodbank

Foodbank to help individuals and families in the Dartford area

Email: [dartfordfoodbank@gmail.com](mailto:dartfordfoodbank@gmail.com)

Web: [www.dartfordfoodbank.co.uk/](http://www.dartfordfoodbank.co.uk/)

### CAB

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

Call Advice line: **0800 144 8848**

Web: [citizensadvice.org.uk](http://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

Web: [nationaldahelpline.org.uk](http://nationaldahelpline.org.uk)

### Gamblers Anonymous

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

Call; **0808 8020 133**

Email: [info@gamblersanonymous.org.uk](mailto:info@gamblersanonymous.org.uk)

Web: [gamblersanonymous.org.uk](http://gamblersanonymous.org.uk)

### IMAGO

Supporting adults to improve and maintain their wellbeing.

Tel: **01892 530330**

Email: [hello@imago.community](mailto:hello@imago.community)

Web: [imago.community/](http://imago.community/)

### Samaritans

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

Call: **116 123**

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

### 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](mailto:info@mentalhealthmatters.co.uk)

### 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**

### Involve

Involve is a Kent service which improves health and happiness for those 55 and over, or living with complex health conditions. They aim is to empower people and find the support needed to improve their health.

You can find out more about the services we offer as a charity on our website: [northkentmind.co.uk](http://northkentmind.co.uk)

The Almshouses | 20 West Hill, Dartford | DA1 2EP

[admin@northkentmind.co.uk](mailto:admin@northkentmind.co.uk)

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Affiliated Local Association Registered Charity No. 1103790

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For further help and support.

# mind North Kent Signposts

## A list of other support providers.



**01322 291380**

**[northkentmind.co.uk](http://northkentmind.co.uk)**



### Live Well Kent Medway

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

Call: **0800 567 7699**

Email: [info@livewellkent.org.uk](mailto:info@livewellkent.org.uk)

Web: [livewellkent.org.uk](http://livewellkent.org.uk)

### One You Kent

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

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

Email: [oneyou.kent@nhs.net](mailto:oneyou.kent@nhs.net)

Web: [www.kentcht.nhs.uk/service/one-you-kent/](http://www.kentcht.nhs.uk/service/one-you-kent/)

### Shout

24 hour support with mental health issues

Text **Shout 85258**

### Kooth

24 hour support for young people 11 – 18 with mental health needs

Call: **08 000 55 555**

### 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](mailto:contactus@ageuknorthwestkent.org.uk)

Web: [ageuk.org/northwestkent](http://ageuk.org/northwestkent)

### Silverline

Free confidential telephone helpline offering information, friendship and advice to older people

Call: **0800 4 70 80 90**

### Alcoholics Anonymous

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

Call: **0800 917 7650**

Email: [help@aamail.org](mailto:help@aamail.org)

Web: [alcoholics-anonymous.org.uk/](http://alcoholics-anonymous.org.uk/)

### Talktofrank.com

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

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

Text: **82111**

### 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.

### Drug and Alcohol Wellbeing Service

#### West Kent

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

Call: 0330 128 1113

Email: [westkent.firststep@cgl.org.uk](mailto:westkent.firststep@cgl.org.uk)

Web: [changegrowlive.org/westkent](http://changegrowlive.org/westkent)

#### Kent Advocacy

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

Call: 0330 440 9000

Email: [info@theadvocacypeople.org.uk](mailto:info@theadvocacypeople.org.uk)

Text: **80800 keyword PEOPLE**

Web: [sites.google.com/seap.org.uk/kent-advocacy/](http://sites.google.com/seap.org.uk/kent-advocacy/)

### Rethink Sahayak

Advice and support for BAME (black, Asian & minority ethnic) mental health

Call: **0808 800 2073**

They also offer one-to-one befriending.

Call: **01474364837**

Email: [sahayak@rethink.org](mailto:sahayak@rethink.org)

Web: [rethink.org/help-in-your-area/services/advice-and-helplines/rethink-sahayak-asian-mental-health-helpline/](http://rethink.org/help-in-your-area/services/advice-and-helplines/rethink-sahayak-asian-mental-health-helpline/)

### MEGAN

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

Call: **01634 402077**

Email: [enquiries@megancic.org.uk](mailto:enquiries@megancic.org.uk)

Web: [megancic.org.uk](http://megancic.org.uk)

### Porchlight

Offer housing and health and wellbeing services

Call: 24-hour Helpline **0800 567 7699**

Web: [porchlight.org.uk](http://porchlight.org.uk)

### Shelter

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

Call: **0808 800 4444**

Web: [england.shelter.org.uk/](http://england.shelter.org.uk/)

### Trussell Trust Food Bank

Website which helps to find foodbanks in the local area. Covers Swanley, Gravesham and Medway

Call: **01722 580 180**

Web: [www.trusselltrust.org/](http://www.trusselltrust.org/)