

### 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 For yourself or a loved one.

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

Text: **82111**

### Drinkaware.co.uk

Provides advice and information if you or someone you know is struggling with alcohol.

Call: **0207 766 9900**

Web: <https://www.drinkaware.co.uk/>

### 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)

### Change Grow Live

Gravesend & Dartford

Charity for adults, children, young people and families to change their lives for the better. Can help with substance use.

Call: **0330 128 1113**

Web: <https://www.changegrowlive.org/>

### Turning Point

Medway

Offers a range of services depending on what you need, from detox and residential rehab to supported living and aftercare support.

Call: **0300 123 1560**

Web: <https://www.turning-point.co.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)

### Stop smoking

National Smokefree Helpline where you can talk to a trained advisor.

Call: **0300 123 1044** (England only)

Web: <https://www.nhs.uk/better-health/quit-smoking/> or download the app

### Sexual Health

Visit the [Kent County Council](http://www.kent.gov.uk) or [NHS](http://www.nhs.uk) website for information and advice.

Web: <https://www.kent.gov.uk/social-care-and-health/health/sexual-health>

NHS - Call: **0300 123 1678**

Web: <https://www.nhs.uk/live-well/sexual-health/>

### National Sexual Health Helpline

Call: **0300 123 7123**

### Family Planning Association

Call: **0207 608 5240**

Web: <https://www.fpa.org.uk/>

### North Kent Mind's other services

#### Wellbeing Services

A range of open sessions, activity sessions, coping with life courses, self-development, support groups, mindfulness courses, recovery groups.

#### Employment Services & Money Guidance

Our employment services support people into employment, volunteering or training. Our money guiders support those with money concerns.

#### Counselling & Therapy Services

Two services available; Affordable counselling with a 2 year cap, where fees are £15.00 per session. Or Fast Track counselling where fees are £40 for an online session and £45 for an in person session. We also provide anger management courses running over 6 weeks with a fee of £150.

#### Children & Young Person's Service

A diverse range of services aimed at young people in and out of schools to provide mental health awareness and improving wellbeing

#### Housing Services

A service consisted of supported housing properties offering short-term tenancies.

#### Training Services

Mental health training

#### North Kent Mind

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

2024

 **mind**  
North Kent

# Signposts

For further help and support



01322 291380

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

### Mental Health Matters

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

Helpline: **0800 107 0160** (Open 24/7)

Email: [info@mentalhealthmatters.co.uk](mailto:info@mentalhealthmatters.co.uk)

### Samaritans

Open 24/7 and provide confidential, non-judgmental emotional support.

Call: **116 123**

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

### Partnership Trust

Have a crisis contact centre if you need mental health advice and support.

Call: **0300 222 0123** (Open 24/7)

Minicom: **0786 002 2819**

### 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 9**

### 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)

### 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/](https://sites.google.com/seap.org.uk/kent-advocacy/)

### 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/)

### 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)

### The Mix

Support with sex and relationships, your body, mental health, drink and drugs, housing and money.

Call: **0808 808 4994**

Web: <https://www.themix.org.uk/>

### Kooth

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

Call: **08 000 55 555**

### National Domestic Violence Helpline

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)

### Kent and Medway Social Care Partnership Trust

Have a crisis contact centre if you need mental health advice and support.

Call: **0300 222 0123** (Open 24/7)

Minicom: **0786 002 2819**

### Involve

A service which improves health and happiness for those 55 and over, or living with complex health conditions.

Call: **03000 810005**

Email: [office@involvekent.org.uk](mailto:office@involvekent.org.uk)

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

### Porchlight

Offer housing, health and wellbeing services.

Call: **0800 567 7699** (Open 24hr)

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 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/)

### 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/)

