



Dartford Safe Haven

Dartford Safe Haven offers out-of-hours mental health support to anyone aged 18+ in the Kent area.

Call: 07967 876 695 or 07967 876 699

Email: dartford.mhm@nhs.net

Website:

www.mhm.org.uk/dartford-safe-haven

Kent and Medway Safe Havens

The Safe Havens offer free mental health support in a welcoming, comfortable, non-judgmental, and non-clinical environment

Website: www.mhm.org.uk/kent-safe-havens

Kent and Medway Social Care Partnership Trust

KMPT offers people a crisis contact centre if you need mental health advice and support.

Call: 0300 222 0132

Minicom: 0786 002 2819

Website: www.kmpt.nhs.uk

Live Well Kent

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

Call: 0800 567 7699

Email: info@livekentwell.org.uk

Website: livewellkent.org.uk

Turning Point

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

Website: turning-point.co.uk

Citizen's Advice North & West Kent

Citizens Advice in North and West Kent (CANWK) offers free, independent, confidential and impartial advice; supporting a population of over 600,000 people across Dartford, Gravesham, Sevenoaks, Swanley, Tonbridge & Malling and Tunbridge Wells.

Call: 0808 278 7810

Website: citizensadvicenwk.org.uk

Gravesham Council Accommodation

Gravesham Council may be able to secure you temporary accommodation if you have priority need for housing or you need somewhere to stay straight away.

Website:

www.gravesham.gov.uk/housing



North Kent Mind Services:

Children and Young Person's Services:

We offer early intervention and therapeutic services for young people in and out of school to raise mental health awareness, boost wellbeing, and build resilience.

Counselling and Therapy Services:

We offer two counselling options: affordable sessions at £15 (up to 2 years) and Fast Track at £45 per in-person session or £40 online. We also run a 6-week anger management course for £150.

Employment Services and Money Guidance:

Our employment services help people access work, training, or volunteering, while our money guiders assist with financial concerns.

Development Services:

A range of services aimed to support clients with individual needs, including SUN (Service User Network) for personality disorders and our Peer Partnership Project to support those who are in crisis.

Housing Services:

A service consisted of supported housing properties offering short-term tenancies, as well as rough sleeper support projects.

Training Services:

Our Mental Health Training equips professionals, parents, carers, and organisations with practical skills and knowledge to understand and support mental wellbeing across diverse settings.

 **mind** North Kent



Signposts

For further help and support



Silverline

Silverline offers free confidential telephone helpline that offers information, friendship and advice to older people.

Call: 0800 170 809

Website: www.thesilverline.org.uk

Crossroads Care Kent

Crossroads Care Kent is dedicated to supporting unpaid Carers in Kent by providing quality services that allow them to maintain a life of their own outside of their caregiving responsibilities.

Call: 03450 956 701

Email:

enquiries@crossroadskent.org

Release The Pressure Helpline

Release the Pressure offers free, confidential support 24/7 for anyone aged 16+ in Kent and Medway. Our trained team is always here to help, no matter what you're facing.

Call: 0800 107 0160

Email:

releasethepressure@rethink.org

MEGAN CIC

MEGAN CIC provides peer support for individuals experiencing mental health issues. Their aim is to create a safe, inclusive space where people feel heard, respected and empowered.

Call: 01634 402077

Email: enquiries@megancic.org.uk

Website: megancic.org.uk

Family Matters

Family Matters provides free and confidential support to survivors of sexual abuse and rape in Kent and the London Borough of Bexley. Our services are open to everyone, regardless of age, gender, race, or background.

Call: 01474 536661

Email: admin@familymattersuk.org

Website: www.familymattersuk.org

KIDAS – Kent Integrated Domestic Abuse Service

The Kent Integrated Domestic Abuse Service (KIDAS) offer a person-centred, holistic range of support services to victims and their families in Kent.

Call: 0808 168 9111

Rethink Medway Peer Support Group

The group offers people living with mental illness, alongside carers and community members supporting someone with mental illness, the chance to come together in a safe, supportive, and welcoming space.

We hold regular meetings to provide a consistent support system and non – judgmental space, so members can openly share their experiences.

Call: 07955 200455 (Group)

Email: MedwayGroup@rethink.org



NHS Medway Talking Therapies

They provide a range of free NHS Talking Therapies in the Medway area, with services covering Chatham, Gillingham, Rainham and Rochester.

Call: 03330 091 0414

Porchlight

Porchlight provide advice on homelessness, general mental health support and signposting.

Website: www.porchlight.org.uk

Mental Health Matters

Mental Health Matters offer a helpline which is a confidential service that offers emotional support.

Call: 0800 107 0160 (24/7 service)

Email:

info@mentalhealthmatters.co.uk

IMAGO

IMAGO are a social action charity offering a wide range of support services for people of all ages across Kent, East Sussex, Medway and London. Their services focus on improving health and wellbeing, reducing isolation, creating opportunities, and ensuring people can access the support they need.

Call: 01892 530 330

Email: hello@imago.community

Website: www.imago.community/

Carers First

Carers First offer help and support for unpaid carers.

Call: 0300 303 1555

Website:

www.carersfirst.org.uk/medway/welcome

Dartford Job Centre Chatham Job Centre

They provide advice and guidance on claiming benefits and job opportunities.

Call: 0800 169 0190

Shaw Trust

Shaw Trust help people find and keep meaningful jobs. They provide education and training for those starting out and those looking to progress in their jobs.

Call: 0300 303 3111

Website: shawtrust.org.uk

Kent Community Health

Kent Community Health are a consultant-led team of sexual health clinicians offering confidential sexual health services.

Call: 0300 790 0245

Website:

www.kentcht.nhs.uk/service/sexual-health

PAPYRUS

PAPYRUS Prevention of Young Suicide is the UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people.

Call: 0800 068 4141

Website: www.papyrus-uk.org

