

SERVICE UPDATE FOR NEW REFERRALS!

A new early intervention emotional wellbeing and mental health service for children and young people in Medway, called the Medway Therapeutic Alliance, is launching on 1st April 2026.



NEW REFERRALS WILL NOT BEGIN THERAPY THROUGH THE CURRENT SERVICES

Therapy will continue for children and young people who are already being seen by our SIT/BRAVE services.

IF YOU ARE CURRENTLY ON A WAITING LIST:

**YOU WON'T LOSE YOUR PLACE.
YOU DON'T NEED TO RE-REFER.
YOUR DETAILS WILL MOVE OVER AUTOMATICALLY.**

We'll contact you by the end of February to let you know what happens next.

NEED SUPPORT WHILST WAITING?

We will support you to access alternative support while the new service is being set up please contact cyp@northkentmind.co.uk.

HEART **EMOTIONAL SUPPORT (24/7)**
Samaritans: Call 116 123
SHOUT: Text SHOUT to 85258

SELF-HELP AND ONLINE SUPPORT
Free tools and resources to support wellbeing, anxiety and stress.
YoungMinds. Mind.

Mental health crisis? Call NHS 111 - option 2 to speak to a mental health professional.

Call 999 if there is immediate danger.
Go to A&E if there is a serious physical threat to life.

ADVICE AND EMOTIONAL WELLBEING
www.medway.gov.uk/childmental_health

STAR SPECIALIST MENTAL HEALTH SUPPORT
For escalating needs, contact Medway Young Persons' Wellbeing Service (MYPWS) on 0800 011 3474.