

St Andrew's Church
Paddock Wood

Mental Health & Wellbeing

MENTAL HEALTH & WELLBEING

Anxiety UK
Anxiety UK is a national charity, helping to support people living with anxiety, stress and anxiety-based depression. Contact via 'Ask Anxia' online chat facility.
E: support@anxietyuk.org.uk
W: www.anxietyuk.org.uk

CALM (Campaign Against Living Miserably)
CALM is a movement against suicide, the single biggest killer of men under 45 in the UK. CALM offers support to anyone in the UK of any age, who are down or in crisis via the helpline, web chat or website.
T: 0800 58 58 58
W: www.thecalmzone.net

Combat Stress
Combat Stress is the UK's leading charity for veterans' mental health, providing life-changing treatment and support to veterans from every service and conflict, focusing on those with complex mental health issues.
T: 0800 1381619 / Text: 07537 173683
E: helpline@combatstress.org.uk
W: www.combatstress.org.uk

Crisis Resolution Home Treatment Team
Mental Health crisis help for those living in Kent and Medway. The single telephone number is available 24/7 if residents need mental health support.
T: 0300 222 0123
E: www.kmpt.nhs.uk/where-do-i-go-in-a-crisis/

Digital Health – online CBT
Chat with your therapist from home. Cognitive behavioural therapy (CBT) is proven to be effective at treating anxiety, stress, depression, and many more mental health problems.
T:0800 074 5560
E: info@iesohealth.com
W: www.iesohealth.com

Every Mind Matters
Get a free NHS-approved Mind Plan. By answering five quick questions you'll get a personalised action plan with practical tips to help you deal with stress and anxiety, boost your mood, sleep better and feel more in control.
W: www.nhs.uk/oneyou/every-mind-matters

FCS Talking Therapies
FCS Talking Therapies is one of the talking therapy and counselling services available in Kent and Medway.
T: 01795 591019
E: admin@favershamcounselling.co.uk
W: www.fcstalkingtherapies.org

Fegans

We provide 1:1 Parent support sessions with our trained workers, who have lived experience of the stresses of bringing up a family. We have expertise in working with families where poor mental health and additional needs are major issues.
T: 01892 538288
E: info@fegans.org.uk
W: www.fegans.org.uk

Insight Healthcare
Our Kent counselling and talking therapies service covers East Kent, Dartford, Gravesham, Swanley, and Swale.
T: 0300 555 5555
E: kent@insighthealthcare.org
W: www.insightiapt.org

Kent Childrens and Young People's Mental Health Services (CYMHS)
The Kent Children and Young People's Mental Health Services (CYMHS) is provided by North East London NHS Foundation Trust (NELFT). The service provides emotional wellbeing and mental health advice and support for young people and their families across Kent and is available to young people from the age of 0 – 18 (or up to 25 if they have special educational needs).
CYPMHS offers advice and support for stress, low mood and depression, anxiety, self-harm or difficult to manage behaviours as well as support for neurodevelopmental difficulties such as ADHD or ASD. The types of support will vary on the type of concern and the severity, including online self-help, signposting to other organisations, crisis support, specialist assessments, face-to-face therapy either individually or in groups. If you have been discharged, you can refer yourself back in the service at any time.
T: 0300 123 4496
W: www.nelft.nhs.uk/services-kentchildren-young-peoples-mental-health

Kent & Medway (Mental Health Services)
Provides mental health, learning disability and substance misuse services, as well as other specialist services.
T: 0300 222 0123
W: www.kmpt.nhs.uk

Kent Enablement & Recovery Service (KERS)
Kent Enablement and Recovery Service (KERS) works with people experiencing mental health difficulties to address social care needs over a short period of time (up to 12 weeks). We provide support to maximise your wellbeing and quality of life, in a way that suits you. We also work with local community services to help you find a creative & realistic response to your needs.
If you are experiencing mental health difficulties, we can support you in the following ways:
- accessing community resources, groups, activities, clubs and organisations;
- regaining confidence to use public transport and getting out and about;
- managing uncomfortable social situations;
- enabling you to independently manage your finances;
- helping you gain confidence with training, education or work related actives;
- supporting to access housing and benefit advice.

Referrals to KERS must come via the adult mental health social work service. You can do this by contacting either your:
- mental health social worker
- community mental health care coordinator

• local GP.
T: 03000 42 26 55.
E: KERSAdmin@kent.gov.uk

Kooth
For children and young people aged 10 to 25 year olds in Kent and Medway. Online mental health community giving free and confidential advice. Gives young people the opportunity to chat with a team member about anything that is on their mind.
W: www.kooth.com

Live it Well Kent
Promotes a range of support and information on mental health and wellbeing services to connect people with support within their local communities. Support available locally includes links with statutory services, wellbeing, active lifestyle, community-based activities, social support and life skills.
T: 0800 567 7699
E: info@livewellkent.org.uk
W: www.liveitwell.org.uk

Mental Health Forum
The Mental Health Forum website offers a friendly open place for discussion, help and support with mental health issues.
E: forum@mentalhealthforum.net
W: www.mentalhealthforum.net

Mental Health Matters
The Telephone Helpline consists of a team of highly trained and experienced support workers who use counselling skills to
provide residents with emotional guidance and information. Residents may choose to call 'Mental Health Matters' if:
• They are feeling low, anxious or stressed and feel talking might help them cope.
• They may be in extreme emotional distress and feel that there is nowhere else to turn
• They may be caring for another person and finding it hard to cope.
T: 0800 107 0160 (24/7 service)
W: www.mentalhealthmatters.com/ourservices/helpline-services/

Mental Health Resource – TW
Mental Health Resource is a local, award-winning charity which provides safe spaces and person-centred mental health support in our community to help people who have complex, enduring mental health conditions, including anxiety, depression.
Telephone: 01892 615552
E: info@mentalhealthresource.org.uk

MindEd for Families
The MindEd online resource provides information and advice concerning children's mental health and wellbeing. The MindEd online resource is for concerned children and their families to seek help and advice.
E: minded@rcpsych.ac.uk
W: www.minded.e-lfh.org.uk

MindOut LGBTQ

MindOut is a mental health service run by and for lesbians, gay, bisexual, trans and queer people with experience of mental health issues.
E: info@mindout.org.uk

MoodSpark
MoodSpark is here to support young people to better understand and support their own emotional wellbeing and resilience.
W: www.moodspark.org.uk

North Kent Mind
North Kent Mind is an independent mental health charity operating in Dartford and Gravesham, Swanley and surrounding villages, and Medway.
We provide a wide range of services for people who experience mental health issues, whether these are described as anxiety, depression, bipolar, schizophrenia, OCD (Obsessive Compulsive Disorder), Personality Disorder, or otherwise. We work with people individually or in groups.
Our services include supported housing, affordable counselling and anger management courses, employment services, training, a range of wellbeing services inc. open activity sessions, support groups, self-management courses, peer-led activities, and a range of therapies and courses made available through the NHS Talking Therapies Service (commonly referred to as Improving Access to Psychological Therapies: IAPT).
T: 01322 291380
E: admin@northkentmind.co.uk
W: www.northkentmind.co.uk

Psychological Therapies (IAPT)
providing help for people with anxiety and depression and related problems, such as trauma, anger, phobias, obsessions, compulsions, relationship difficulties, unresolved issues from the past and feeling of not coping with life events, including illness and childbirth.
The service provides Cognitive Behavioural Therapy (CBT), Psychological Interventions and Counselling. Self-referral through the website's online referral form, post a form (from GP surgery), directly through the number provided or a GP can refer you direct. This service is delivered by a consortium led by ThinkAction.
T: 0300 012 0012
W: www.thinkaction.org.uk

Reachout Adults
Adult Wellbeing & Mental Health Support Group delivered in community venues and open to anyone with a mental health issue or wellbeing need.
T: 07989 219185
E: jillg@mentalhealthresource.org.uk
W: www.twmhr.org.uk

Reachout Youth
Reachout Youth's café style sessions are specifically aimed at young people aged 13 – 19, experiencing emotional or mental health difficulties. Reachout Youth groups bring young people together to reduce stigma, share stories, develop coping strategies and make friends. These groups are facilitated by trained staff and volunteers and provide a venue to share what is troubling you.
T: 07545 208899
E: annas@mentalhealthresource.org.uk
W: www.mentalhealthresource.org.uk/reachout-youth

Release the Pressure
If you are in distress, you can get immediate
support from trained staff 24-hours a day. Text the word 'Kent' to 85258 or call 0800 107 0160. Highly experienced and trained team to provide confidential support.
T: 0800 107 0160
W: www.releasethepressure.uk

Rethink
Provide support to help people affected by mental illness by changing attitudes.
T: 0300 5000 927
E: info@rethink.org
W: www.rethink.org

Safe Havens
Safe Havens offer face-to-face mental health support. Safe Havens, run by Mental Health Matters, are available 6pm to 11pm, 365 days a year for people aged 16 +. No appointment or referral is needed. Anyone who lives in Kent or Medway can use the service, regardless of where you live.

- Mid Kent Mind, 23 College Road, Maidstone, ME15 6YH
  T: 07484 061684
  E: Maidstone.mhm@nhs.net

- Age UK, MacKenney Centre, Woodlands Road, Gillingham, ME7 2BX
  T: 07850 901 151
  E: Medway.mhm@nhs.net

Samaritans
The Samaritans provide 24 hour help 365 days a year. You can't really generalise how struggling to cope can make you feel or act, but if you think these symptoms sound like you or someone you know, please get in touch with the Samaritans
T:116 123
E: jo@samaritans.org
W: www.samaritans.org

SANE
SANE operates a confidential helpline that provides emotional support and information to anyone affected by mental illness.
T: 08457 678000
E: support@sane.org.uk
W: www.sane.org.uk

Self-harm UK
This is a project dedicated to supporting young people impacted by self-harm. Self-harm is an umbrella term for any behaviour, action or habit, which can cause damage to your health.
E: info@selfharm.co.uk
W: www.selfharm.co.uk

Sevenoaks Area Mind – Mum's Support Group
This is a mutual support group for mothers who are finding life with children challenging in some way. Tuesdays & Thursdays.

T:01732 744950
E: info@sevenoaksareamind.org.uk
W: www.westkentmind.org.uk/

Sevenoaks Counselling
Counselling for individuals, couples and young people. Sevenoaks Counselling also has a Family Therapist. Clients are asked to pay what they can afford, and counselling is available to all on equal opportunities basis.
T: 01732 450118
E: info@sevenoakscounselling.org.uk
W: www.sevenoakscounselling.org.uk

Shout
Shout is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.
T:85258 (text)
E: info@giveusashout.org
W: www.giveusashout.org

Single Point of Access (KMPT)
If you are known to KMPT or need urgent mental health support, advice and guidance, call the 24-hour helpline 0800 783 9111.

South West Kent Local Care Mental Health Team
The south west Kent Local care mental health team (LCMHT) works with GPs in Tunbridge Wells, Tonbridge, Sevenoaks and surrounding villages to provide a range of care and treatment options for people experiencing mental health ill health.
Many patients seen in GP practices have multiple physical health, mental health and social needs. The team works with GPs and patients to provide support around some of the following:

- Social exclusion
- Lack of occupational activities
- Poor engagement with mainstream services
- Poor physical health
- Life coaching
- Signposting
- Depot injections
- Emerging and ongoing mental health illness
- Support and clinical input for discharged patients
- General support and liaison with the community and voluntary services.

Recovery underpins all care and treatment and the team also provides support for family members and wider support networks.
For patients with more complex mental health needs the service works with team members from KMPT community mental health teams.

SW Kent LCMHT: Highlands House, 10-12 Calverly Park Gardens, Tunbridge Wells, Kent TN1 2JN
T: 01892 709211
E: kmpt.swkprimarycarenursesteam@nhs.net
W: https://www.kmpt.nhs.uk/our-services/south-west-kent-local-care-mental-health-team/

Stay Alive
The Stay Alive app is a suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis. You can use if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide.
W: www.prevent-suicide.org.uk/findhelp-now/stay-alive-app/

Survivors of Bereavement by Suicide (SOBS)
We exist to meet the needs and overcome the isolation experienced by people over 18 who have been bereaved by suicide.
T: 0300 111 5065 9am-9pm Mon to Sunday
E: email.support@uksobs.org / bereaveMENt@uksobs.org
W: www.uksobs.org

Talking Therapies
Talking therapies, also known as psychological therapies, are effective, confidential treatments, delivered by trained and accredited NHS practitioners. You can either refer yourself, or speak with your GP, who can refer you.
W: www.helpkentandmedway.org or www.nhs.uk/talk

The Counselling Centre - Tunbridge Wells
We are a self-financing, non-profit making charity. Our charitable aim is to make individual counselling affordable according to one's ability to pay and no-one is excluded from counselling because they cannot afford to pay the full cost of counselling.
Counselling may be able to help if you are:
- Experiencing any kind of loss, bereavement or trauma;
- Suffering from stress, anxiety, panic attacks, depression or finding it hard to cope;
- Struggling with personal or family relationships;
- Having problems adjusting to change, e.g., through redundancy, early retirement or illness;
- Facing a problem that is hard to talk about;
- Not feeling good about life and don't understand why.

T: 01892 548750
E: info@thecounsellingcentre.org.uk
W: www.thecounsellingcentre.org.uk

The Hub, Tunbridge Wells
The Hub is our friendly vibrant wellbeing centre, located in Tunbridge Wells and is open to all adults with emotional or mental health needs.
At the Hub, we can offer you a safe space to talk and plenty of wellbeing activities, which are all completely free to access and are all designed to boost confidence & self–esteem.
T: 07526 203899
E: hub@mentalhealthresource.org.uk
W: www.mentalhealthresource.org.uk

The Lewis Project
The Lewis Project is a small group that meet together at The House in the Basement at the Stag Theatre in Sevenoaks every Monday 3pm to 10pm. The group is for over 18 year olds who are suffering mental health issues, including anxiety/depression and could do with some community support, friendship, purpose or structure.
E: thelewisproject@outlook.com
W: www.thelewisproject.org.uk

Thinkaction Ashford (part of Addaction)

Primary Care Improving Access to Psychological Therapies (IAPT) services offering one-to-one counselling & CBT NICE recommended interventions for common mental health conditions. Support is offered through face-to-face or telephone. The service provides 'Feel Well Live Well Parenting' support, 'Stress Management' and 'Older Adults Groups'.
T: 01233 639383
W: www.addaction.org.uk

Togetherall
For young people aged 16 to 18 in need of mental health support. Offers an online community that can be accessed 24 hours a day. Self-assessments and recommended resources as well as a wide range of self-guided courses to do at your own pace.
W: www.togetherall.co.uk

West Kent Mind
A safe place that offers individual counselling, peer groups for men, women and mothers.
T:01732 744950
E: info@sevenoaksareamind.org.uk
W: www.westkentmind.org.uk/

You Are Not Alone (YANA)
YANA aims to help children and young adults develop resilience and emotional wellbeing. The project raises awareness of mental health, develops understanding of what that looks like for the individual, and explores what they can do themselves and where they can go for further support.
The YANA project offers:
- Online wellbeing and emotional resilience workshop series
- Tailored 1:1 session for children
- Personalised plans and approaches
- Information, advice and guidance
- Facilitation of peer support groups

T: 0300 011 1965
E: yana@imago.community
W: www.imago.community/yana