






Mental Health Directory



List of useful organisations and
phone numbers to assist patients

Directory of helpful organisations and support for Mental Health Sufferers

Organisation	Contact details
<p>Kent and Medway  NHS and Social Care Partnership Trust</p>	<p>Maidstone Community Mental Health Team Duty Service Albion Place Medical Centre 23-29 Albion Place Maidstone Kent ME14 5TS</p> <p>E-mail: Kamnascpt.maidstonecmht@nhs.net</p> <p>Tel: 01622 766901 9am-5pm Monday - Friday</p>
<p>Kent and Medway  NHS and Social Care Partnership Trust</p>	<p>Maidstone Home Treatment Team</p> <p>Tel: 01622 766901 9am-5pm Monday - Friday</p> <p>24 hours a day on Weekends and bank holidays</p>
<p>Emergencies:</p>	<p>* Call 999 if you are in immediate Life threatening circumstances</p>
<p></p> <p>When it's less urgent than 999</p>	<p>For non-emergency medical advice</p> <p>Tel: 111</p> <p>Web: http://www.nhsdirect.nhs.uk</p> <p>We're available 24-hours a day, 365 days a year to help</p>
<p></p>	<p>You can talk to Samaritans at any time of the day or night</p> <p>Tel: 116 123</p> <p>Web: http://samartians.org</p>
<p> mental health matters</p>	<p>Confidential Emotional support and Guidance</p> <p>Tel: 0800 107 0160 (Kent and Medway) or if calling from a mobile 0300 330 5486</p> <p>e-mail: timeonline@mentalhealthmatters.com</p> <p>Web: http://www.mentalhealthmatters.com</p>

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<p>A Admiral Nurses –Specialist Mental Health Nurses working within the NHS Support carers of people with memory problems and the people themselves</p>	Tel: 01233 658100
 <p>Alcoholics Anonymous</p>	<p>Helpline: 0800 917 7650 (free)</p> <p>www.alcoholics-anonymous.org</p>
<p>Alcohol concern</p>	<p>Helpline : 0800 9178282 24 hour</p>
<p>Alzheimer's Society</p>	<p>National Helpline: 0330 222 11 22</p> <p>Mon- Wed 9am- 8pm Thurs and Friday 9am - 5pm Saturday and Sunday 10am -4pm www.alzheimers.org.uk</p> <p>Local number: 01622 747181</p>
<p>Anorexia & Bulimia</p>	<p>Helpline: 03000 11 12 13</p> <p>www.anorexiabulimiacare.org.uk</p>
<p>Anxiety, phobias, panic etc</p>	<p>Helpline: 08444 775 774 Text: 07537 416905</p> <p>www.anxietyuk.org.uk</p>
<p>B B-eat - provides helplines, online support and network of UK wide self-help groups</p>	<p>Helpline: 0845 634 1414</p> <p>Youthline: 0845 7650</p>
<p>Bereavement Sands Group – support for anyone affected by death of a baby</p>	<p>Ashford tel. 01233 643976</p> <p>email : eastkentsands@gmail.com</p> <p>www.kentsands.com</p>
<p>Blackthorn Trust - offers medical care, specialist therapies and rehabilitation through work placements in Blackthorn Garden</p>	<p>Blackthorn Trust St Andrews Road Barming Maidstone Kent ME16 9AN Tel: 01622 828382</p> <p>Monday to Friday from 9.30am - 3.30pm</p>
<p>C CALM (Campaign Against Living Miserably)</p> <p>On-line resource for men aged 15-35 They offer information and advice covering a huge range of issues that may help you , from eating disorders and sexuality to work issues and bereavement, and all things in between</p>	<p>Tel: 0800 585858 open 5pm -midnight 7 days a week Text relay service, dial 18001 + 0800585858</p> <p>www:thecalmzone.net</p>

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Carers Support –Ashford –	www.carerssupport.org.uk Tel: 01233 664393 www.carers-ashford.org.uk
Childline	Helpline: 0800 1111 www.childline.org.uk
Crossways community - cares for people with mental health difficulties. The care and support in each home is tailored to meet specific needs. Provides residential care and support for adults aged 18-65 with acute mental health issues	8 Culverden Park Road Tunbridge Wells Kent TN4 9QX Tel: 01892 543290 e-mail: info@crosswayscommunity.org.uk www.crosswayscommunity.org.uk
Christians Against Poverty - range of services to help you get debt free	www.capuk.org
Cruse - Maidstone and Medway Can provide bereavement counselling for all	Tel: 01622 671011 National help line: 0844 477 9400 Young Person's Free Helpline 0808 808 1677 Maidstone Community Support Centre 39-48 Marsham Street Maidstone Kent ME14 1HH www.maidstonecruse.org.uk
D Debt advisors	Tel: 01954 230 066
Domestic Abuse Support Services in Kent and Medway A new resource covering Kent and Medway providing advice and information on services for victims, friends & family, and perpetrators of Domestic Abuse.	Tel: 0808 168 9276 Opening times: Mon-Fri 8am-8pm; Sat 9am-5pm www.domesticabuseservices.org.uk
Domestic Violence Freephone Helpline	24 hour National Domestic Violence freephone helpline : 0808 2000 247
Domestic Violence Service	<ul style="list-style-type: none"> • Kent police DVU and non-urgent crime dial 101 • Medway police DVU enquiries 01634 792308 • Hearing impaired text 'police' and message to 60066 • 24 hour Nation Domestic Violence Helpline Womens Aid and refuge 0808 2000 247 or men 0808 801 0327 • National centre for DV 0844 8044 999, legal help and civil injunctions • Mankind - male victims of DV 01823 334 244 • Galop for LGBT victims of DV 0800 999 5428 • Karma Nirvana (for honour based violence and forced marriage) 0800 5999 247 • Forced Marriage unit 0207 008 0151 http://www.domesticabuseservices.org.uk

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E Family Action -South East Family Action is a provider of services to disadvantaged & socially isolated families	Tel: 020 7254 6251 www.family-action.org.uk
The Farming Community Network (FCN) - seeks to provide confidential, non-judgmental support to all those in need of help in the farming community across England and Wales, whether the issue is related to the farm business or the farm household	Tel: 03000 111 999 General enquiries : 01788 510866 e-mail chris@fcn.org.uk www.fcn.org.uk
G Gingerbread- Single parent helpline	Tel: 0808 802 0925 (free) Mon 10am - 6pm Tue/Thurs/Fri 10am - 4pm Wed: 10am - 1pm and 5pm -7pm www.gingerbread.org.uk
H Hearing Voices Network - support service for people who hear voices, their families and carers	Tel: 0114 271 8210 E-mail: nhvn@hotmail.co.uk WWW.hearing-voices.org
Headway - promote understanding of all aspects of brain injury	Tel: 0808 800 2244 e-mail helpline@headway.org.uk 9am - 5pm, Monday to Friday, but you can leave an answer phone message at any time www.headway.org.uk
Healthy Mind - NHS funded talking therapy and counselling service	Tel: 0800 2346 733 e-mail: hello@healthymindwk.org.uk www.healthymindwk.org.uk/referral
Healthy Start - provides vouchers every week to spend on milk, plain, fresh, frozen fruit and vegetables and infant formula	Tel: 0845 607 6823 https://www.healthystart.nhs.uk
Holding on letting go- supporting grieving children and families	Tel: 03445 611511 C/o Wisdom Hospice High Bank Rochester Kent ME1 2NU e-mail: info@holg.org.uk www.holdingonlettinggo.org.uk
I IESO – Online Therapy. Providing online cognitive behavioral therapy (CBT) on behalf of the NHS in West Kent	Free. Tel. 01954 230066 open 09:00 - 17.30 (uk time) www.iesohealth.com/westkent Or email: info@iesohealth.com
Insight Healthcare - Talking Therapies Insight Healthcare does not provide a crisis service. In the event of an emergency, if you are unable to keep yourself safe, you should contact your GP, local Accident & Emergency or call 999	0300 555 5555 (local rate) Mon- Thurs 9am - 5.30pm Friday 9am - 5pm www.insighthealthcare.org

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<p>K K-DASH- Domestic abuse one stop Shop offers free advice, information and support from a range of agencies under one roof to help victims of domestic abuse</p> <p>No appointment is required just turn up</p>	<p>Tel: 01622 761146 (Mon-Fri 9am - 5pm)</p> <p>Maidstone Community Support Centre 39-48 Marsham Street Maidstone Kent ME14 1HH e-mail dutydesk@k-dash.org.uk</p>
<p>Kent Healthy Trainers - helping patients make a positive lifestyle choice</p>	<p>Tel: 0300 123 1220 Healthy Trainer Service Trinity house 110-120 Upper Pemberton Business Park Ashford TN25 4AZ</p> <p>https://www.kenthealthandwellbeing.nhs.uk/health-trainers</p>
<p>Kent Sheds - providing a place for people to come together to pursue hobbies and interests</p>	<p>KentSheds@kent.gov.uk</p>
<p>KMPT – Kent & Medway NHS & Social Care Partnership Trust. Mental health services/substance abuse etc. Age 17+</p>	<p>Urgent Helpline: 0300 222 0123 www.kmpt.nhs.uk</p>
<p>L Live Well Courses – Managing Stress, Anxiety & Depression</p>	<p>Tel. 01732 744950 www.westkentmind.org.uk/coping-with-life</p>
<p>Look Ahead - works with people whose lives can be challenging and at times chaotic</p>	<p>Tel: 0207 937 1166 e-mail : info@lookahead.org.uk www.lookahead.org.uk</p>
<p>M Maytree - supports people in suicidal crisis</p> <p>The Maytree offers a free 4 night/5 day stay to people experience suicidal thoughts and the opportunity to be befriended and heard in complete confidence</p>	<p>Tel: 020 7263 7070</p> <p>e-mail : maytree@maytree.org.uk www.maytree.org.uk</p>
<p>Mental Health Foundation –Prevention at the heart of what they do.</p>	<p>www.mentalhealth.org.uk</p>
<p>Mental Health Matters</p>	<p>Helpline: 0800 107 0160 24 hour/ 7 days a week</p>
<p>Mind</p>	<p>Tel. 01622 692383 www.maidstonemind.org.</p> <p>Early Intervention in Psychosis Service Mon-Fri 9-5 Ashford Wellbeing Café, Ashford Live It Well Centre 6-9.45pm Fri & Sat.</p> <p>Hope & Solace Cafes West Kent Mind – Thurs 5-9pm Tonbridge Sat 5-9pm Tel: 01732 744950 Mind Mid Kent - Fri 5-9pm, Sun 1-5pm 01622 692383</p>
<p>Mindfulness –Online courses under the Mental Health Foundation</p>	<p>www.BeMindful.co.uk</p>

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<p>Money Advice Service -</p> <p>independent service, set up by the government to help people make the most of their money, we give free, unbiased money advice to everyone across the UK</p>	<p>Tel: 0300 500 5000</p> <p>8am-8pm Mon-Fri</p> <p>9am - 1pm Saturday</p> <p>https://www.moneyadvice.org.uk</p>
<p>N NAPAC - National Association for people Abused in Childhood</p>	<p>Tel: 0808 801 0331 (Free)</p> <p>Mon- Thurs 10am - 9pm</p> <p>Friday 10am - 6pm</p> <p>Email: infonyapac.org.uk</p> <p>www.napac.org.uk</p>
<p>P Pandas Foundation – Pre and Postnatal Depression, support groups.</p> <p>Children, teenagers and young people up to age 35</p> <p>OR</p> <p>Anyone concerned about a young person</p>	<p>Helpline: 0843 2898 401 9am-8pm.</p> <p>Email: info@pandasfoundation.org.uk</p>
<p>Papyrus- Prevention of young suicide</p>	<p>Tel: 0800 068 41 41</p> <p>e-mail: pat@papyrus-uk.org</p> <p>text (SMS) : 07786 209697</p> <p>Mon-Fri: 10am-10pm</p> <p>Sat - Sun: 2pm-10pm</p> <p>Bank holidays: 2pm-5pm</p>
<p>PTSD – For anyone affected by PTSD</p>	<p>www.ptsduk.org.</p>
<p>R Relate West Kent - relationship counselling for individuals and couples</p>	<p>Tel: 01892 529927</p> <p>Kent West & Mid Kent Tunbridge Wells Relate Centre</p> <p>12 Mount Ephraim</p> <p>Tunbridge Wells</p> <p>Kent</p> <p>TN4 8AS</p> <p>e-mail: appointments@westmidkent.eclipse.co.uk</p> <p>www.relatwestmidkent.org.uk</p>
<p>Release the pressure –</p> <p>Life can get really tough sometimes, but talking can help. We have a highly trained and experienced team available 24/7 to provide you with confidential support to get you back on track. So if you are beginning to feel the pressure, don't suffer in silence. Make the call.</p>	<p>Freephone - 0800 107 0160 24/7</p> <p>www.releasethepressure.uk</p>
<p>Resilience – Film on The Biology of Stress & The Science of Hope. Karen Pritzker & James Redford.</p> <p>Treatment and prevention of toxic stress and adverse childhood experiences (ACEs).</p> <p>Also film Paper Tigers.</p>	<p>You tube</p>

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Richmond Fellowship - provide a range of housing related support to enable individuals with mental health problems to develop and maintain independence in the community	http://www.richmondfellowship.org.uk
Rubicon Maidstone Free Counseling for victims of serious crime Children (aged 8+) and Adults	Helpline 07505 709 876 Availability: Mon 12-3pm Wed 7-10pm Thurs 12-3pm Sat 12-3pm www.rubiconcares.org
S Samaritans	Support Line: 116 123 (free) 24/7 www.samaritans.org
Sane - working to improve quality of life for anyone affected by mental illness	Saneline: 0300 304 7000 4.30pm-10.30pm helpline. www.sane.org.uk
Self-Harm UK	www.selfharm.co.
Shaw Trust we provide employment opportunities, skills development training and health and well-being services across the UK	Tel: 01233 661692
Single Point of Access (SPA)	Referral line for NHS Mental Health Services Tel: 0300 222 0123
Sleepstaion West Kent - Free NHS Therapy Sleepstation	7 days a week on line therapy course Tel: 0333 800 9404 e-mail - support@sleepstation.org https://sleepstation.org.uk
Step change - Consumer Credit Counselling Service - free debt help and advice	Tel: 0800 138 1111 www.stepchange.org
St Giles Trust We help people suffering disadvantages such as experiences of prison, homelessness, long-term unemployment, addiction and severe poverty	Tel: 020 7708 8000 stgilestrust.org.uk
Support After Suicide Help is at Hand - if you have been bereaved by suicide there is a guide called Help is at Hand that can support and advise you through difficult times	http://supportaftersuicide.org.uk
T The Bridge Trust - provides a range of services that a single homeless person needs in their journey from homelessness to independent living	Tel: 01732 368363 e-mail: info@thebridgetrust.org.uk www.thebridgetrust.org.uk

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The compassionate Friends - charity that supports bereaved parents and their families after a child dies at any age from any cause	Helpline: 0345 123 2304 Daily 10am-4pm and 7pm-11pm e-mail - helpline@tcf.org.uk www.tcf.org.uk
Thinkaction West Kent - NHS funded talking therapy and concealing service	Available to everyone aged 17+ Tel: 0300 012 0012 e-mail: kca.westkent@nhs.net www.addaction.org.uk
V Victim Support - can help if you have been a victim of any crime or have been affected by crime committed against someone you know	Tel: 0845 3899528 Victim Support line: 0845 3030900 www.victimsupport.org.uk
Y Young Addiction – To make positive behavioral changes – also for adults.	Helpline: 0207 251 5860 www.addaction.org.uk
Young Lives foundation - independent children's charity dedicated to delivering quality services tailored to ensure we achieve effective outcomes in the lives of vulnerable and disadvantaged children and young people	Tel: 01622 693459 e-mail : volunteering@ylf.org.uk www.ylf.org.uk facebook: wwwfacebook.com/ylf.org.uk twitter: www.twitter.com/ylfcharity
Young Minds	Tel. 0207 089 5050 Parents Helpline: 0808 802 5544 www.youngminds.org.uk