

Mental Health Support during the Covid-19 pandemic East Kent

Release the Pressure – 24 hour helpline call **0800 107 0160**
Text support – 24 hours mental health crisis support Text “Kent” to **85258**

Service	Support	Contact
Adult Urgent Mental health support Kent & Medway	24 hour helpline for urgent mental health support, advice and guidance. Provided by Kent and Medway NHS and Social Care Partnership Trust (KMPT).	0300 222 0123
Under 18's Mental Health support Kent & Medway	Provides emotional wellbeing and mental health advice and support for young people and their families across Kent. Call the 24 hour single point of access number.	0300 123 4496 (select option one, then option three)
NHS Talking Therapy (IAPT) East Kent Only	Talking therapy services offer time-limited, evidence-based psychological therapies. All services offer treatments such as cognitive behavioural therapy (CBT), stress management and sometimes group work. Psychological therapies can help with anxiety, depression, Stress, trauma, Phobias and other related problems. All services are operating remotely via telephone and online appointments. Therapeutic appointments are available weekdays and evenings and some weekend appointments are available. NHS England have provided evidence that online treatment is as effective as face to face and patient experience is reported as high satisfaction.	Self-refer to your choice of provider <ul style="list-style-type: none"> • Dover Counselling Centre Call: 01304 204123 www.dovercc.org.uk • Insight Health Care Call: 0300 555 5555 www.insighthealthcare.org • FCS Talking Therapies Call: 01795 591019 www.fcstalkingtherapies.org • We are with you Call: 0300 012 0012 www.wearewithyou.org.uk • University Medical Centre Call: 01227 469338 www.umcpt.co.uk
Safe Haven Kent & Medway	The Kent and Medway Safe Havens are there to support your mental health 365 days of the year. If you are struggling and need to speak to someone you can just drop in. Available 6pm – 11pm 365 days per year for anyone 16+. Drop in no appointment is needed. There are now five havens open in Kent and Medway for more information go to: www.kmpt.nhs.uk/Safehavenskentmedway	Canterbury: Age UK, The Centre, Castle Row, Canterbury, CT1 2QY. Your Safe Haven Canterbury.mhm@nhs.net Thanet Holy Trinity Church, St Mary's Avenue, Dane Valley, Margate, CT9 3TN thanet.mhm@nhs.net
Folkestone Haven Folkestone & Hythe.	The Kent and Medway Safe Havens are there to support your mental health 365 days of the year. If you are struggling and need to speak to someone you can just drop in. For age 18+ 6pm – 11pm Monday – Friday, and 12pm 11pm every Saturday, Sunday and bank holidays.	The Rainbow Centre, 69 Sandgate Road, Folkestone, CT20 2AF Folkestone.Haven@hestia.org 07827 533871

All services are free at the point of access and you can self-refer.

Mental Health Support during the Covid-19 pandemic East Kent

Service	Support	Contact
Live Well Kent Kent	Live Well Kent can help you improve your mental and physical health and wellbeing. They can help with mental health and emotional problems, peer support, keeping active and healthy, meeting people, everyday living, managing your money, including debt and benefits, housing support and guidance, training and work. For anyone over 17.	Call 0800 567 7699 Email info@livewellkent.org.uk or contact via the website www.livewellkent.org.uk
Take Off Peer Support East Kent	Peer support groups for anyone struggling with mental health issues – Operating remote groups or 1 to1's available. Please call for more information.	Call 01227 788211
Crisis Café: Ramsgate	A safe, relaxing space where you can speak freely with one of our mental health workers about what is going on for you. To offer support, advice and signpost you to a suitable service for you. 6 pm to 10 pm on a Friday, Saturday and Sunday .	34 King St, Ramsgate CT11 8NT https://eastkentmind.org.uk/crisis-cafe-2/
Crisis Café Ashford	Phone and online support for those struggling with their mental health Friday & Saturday 4 – 8 Sunday 1 – 5pm For further details go to the website.	https://www.maidstonemind.org/change-s-ashford-wellbeing-cafe/
East Kent Mind Online support groups Thanet	A wide range of online support groups to promote better mental health and wellbeing. Please email for more information	Info@eastkentmind.org.uk eastkentmind.org.uk/ 0795 060 8827
Kent together outbreak Kent	24 hour helpline set up to support vulnerable people in Kent who need urgent help, supplies or medication during the Coronavirus.	Call: 03000 41 92 92 or visit www.kent.gov.uk/KentTogether
Involve Kent Dover Folkestone	The Safe and Well service is a telephone befriending service that can link people to local support, e.g. help with shopping or picking up prescriptions.	Call: 03000 810005 Email: office@involvekent.org.uk Website: www.involvekent.org.uk/safe-and-well
Carers Support East Kent	Support for Carers	Call: 01304 364 637
South Kent Mind Dover Folkestone & Hythe	Providing a range of wellbeing activities and support remotely please go to the website for more information.	contact@southkentmind.org.uk https://www.southkentmind.org.uk/

All services are free at the point of access and you can self-refer.