

Mental Health Support during the Covid-19 pandemic North Kent & Medway

Release the Pressure – 24 hour helpline call 0800 107 0160
Text support – 24 hours mental health crisis support Text “Kent” or “Medway” 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) Medway Dartford Swanley Swale and Medway	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"> • Insight Health care Call: 0300 555 5555 www.insighthealthcare.org • We are with you Call: 0300 012 0012 www.wearewithyou.org.uk • North Kent Mind 0300 0293000 www.northkentmind.co.uk/talking-therapies-iapt • IESO (Medway) www.iesohealth.com/en-gb • Medway Talking Therapies Call 0300 029 3000 www.insighthealthcare.org/our-services/talking-therapies/find-a-service/medway-talking-therapies/ • Faversham IAPT Talking Therapy Service (Swale) Call: 01795 591019 https://www.fcstalkingtherapies.org/ • Vita Health Group (North Kent) Call 0333 0153 495 www.vitahealthgroup.co.uk/nhs-services/kentmedway/self-refer/
Medway Safe Havens 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	Medway: Medway.mhm@nhs.net Age UK, MacKenney Centre, Woodlands Road, Gillingham, ME7 2BX. Maidstone: Maidstone.mhm@nhs.net Mid Kent Mind, 23 College Road, Maidstone, ME15 6YH.

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

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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
Imago Medway Dartford Swanley Swale	A Community Navigation and Adult Carer Support service. The service will work with you to make the greatest improvement to your health, wellbeing and confidence, providing information, advice and guidance to help you access a range of community, health and social care services.	Call: 0300 011 1956 Email navigation@imago.community Website: https://www.imago.community/
Megan CIC North Kent Medway	Phone calls, befriending and support.	Email: enquiries@megancic.org.uk megancic.org.uk
North Kent Mind North Kent	Providing phone and online support.	For more information visit www.northkentmind.co.uk
Medway Area Rethink Support Group (MARS) Medway	Providing phone and online support	Call 07763 971085 Email marsgroup@rethink.org
Kent together outbreak North Kent	24 hour helpline set up to support vulnerable people in Kent who need urgent help, supplies or medication.	Call 03000 41 92 92 www.kent.gov.uk/KentTogether
Coronavirus Medway support	Support to help vulnerable people in Medway who need urgent help, supplies or medication.	Call 01634 306 00 Email better.connected@medway.gov.uk www.medway.gov.uk/coronavirussupport
Carers First Medway	Providing support for carers	Call 0300 303 1555 Email: hello@carersfirst.org.uk www.carersfirst.org.uk/medway
Involve Carers Support North Kent	Providing support for carers	Call: 03000 810005 Email: office@involvekent.org.uk www.involvekent.org.uk/carers
Crisis Café	Sunlight wellbeing café is providing mental health support. Friday evenings 6.00 – 9.00pm Saturdays 3.30 – 6.30pm Sundays 1.00 – 4pm	01634 581511 Email: info@sunlighttrust.org.uk www.sunlighttrust.org.uk/wellbeing-cafe/

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