

## Mental Health Support during the Covid-19 pandemic West Kent

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

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

| Service  | Support   | Contact   |
|--|---|---|
| <b>Adult Urgent Mental health support</b><br>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).   | <b>0300 222 0123</b>  |
| <b>Under 18's Mental Health support</b><br>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.  | <b>0300 123 4496 (select option one, then option three)</b>   |
| <b>NHS Talking Therapy (IAPT)</b><br>West Kent             | 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. | <b>Self-refer to your choice of provider</b> <ul style="list-style-type: none"> <li>• <b>We are with you</b><br/>Call 0300 012 0012<br/><a href="http://www.wearewithyou.org.uk">www.wearewithyou.org.uk</a></li> <li>• <b>IESO</b><br/><a href="http://www.iesohealth.com/en-gb">www.iesohealth.com/en-gb</a></li> </ul> |
| <b>Maidstone Safe Haven</b><br>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: <a href="http://www.kmpt.nhs.uk/Safehavenskentmedway">www.kmpt.nhs.uk/Safehavenskentmedway</a>  | <b>Maidstone:</b><br><a href="mailto:Maidstone.mhm@nhs.net">Maidstone.mhm@nhs.net</a><br>Mid Kent Mind, 23 College Road,<br>Maidstone, ME15 6YH.  |
| <b>Live Well Kent</b><br>West 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  | <b>Call: 0800 567 7699</b><br><b>Email: <a href="mailto:info@livewellkent.org.uk">info@livewellkent.org.uk</a></b><br><b>or contact via the website</b><br><a href="http://www.livewellkent.org.uk">www.livewellkent.org.uk</a>   |

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

## Mental Health Support during the Covid-19 pandemic West Kent

| Service   | Support  | Contact   |
|---|--|---|
|   | and guidance, training and work. For anyone over 17.   |   |
| <b>Solace Café</b><br>Tonbridge  <br>Tunbridge Wells<br>  Sevenoaks   | Support for those struggling with mental health issues. The service can offer a 20 minute wellbeing call. Call or email to arrange.                      | <b>Call: 07436 102171 or email</b><br><a href="mailto:solacecafe@westkentmind.org.uk">solacecafe@westkentmind.org.uk</a>  |
| <b>Hope Café</b><br>Maidstone   | Phone Support for those struggling with mental health issues.<br>Friday 4pm – 8pm<br>Sunday 1pm – 5pm  | <b>Friday call: 07407499641 or</b><br><b>07563035569.</b><br><b>Sunday call: 07512207805 or</b><br><b>07787343496</b><br><b>For more details visit:</b><br><a href="http://www.maidstonemind.org/changes-maidstone-hope-cafe/">www.maidstonemind.org/changes-maidstone-hope-cafe/</a> |
| <b>West Kent Mind</b><br>Tonbridge  <br>Tunbridge Wells<br>  Sevenoaks  | Offering online and phone support. Visit the website for more details and updates on regular groups.   | <a href="http://www.westkentmind.org.uk">www.westkentmind.org.uk</a>  |
| <b>Maidstone and Mid Kent Mind</b><br>Maidstone   | Providing phone support for those struggling with mental health issues.  | <b>Call 07534 044513 or 07934 226442</b><br><a href="http://www.maidstonemind.org">www.maidstonemind.org</a>  |
| <b>Reachout</b><br>Tunbridge Wells<br>  Tonbridge   | Providing phone and online support for people struggling with mental health issues.  | <b>Contact :07989 219185</b><br><a href="http://www.mentalhealthresource.org.uk/reachout">www.mentalhealthresource.org.uk/reachout</a>  |
| <b>Kent together outbreak</b><br>Kent   | 24 hour helpline set up to support vulnerable people in Kent who need urgent help, supplies or medication during the Coronavirus.                        | <b>Call 03000 41 92 92 or visit:</b><br><a href="http://www.kent.gov.uk/KentTogether">www.kent.gov.uk/KentTogether</a>  |
| <b>Involve Kent</b><br>Maidstone  <br>Tonbridge &<br>Malling  <br>Borough Green  <br>The Weald  <br>Tunbridge Wells | 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. | <b>Call: 03000 810005</b><br><b>Email</b> <a href="mailto:office@involvekent.org.uk">office@involvekent.org.uk</a><br><a href="http://www.involvekent.org.uk/safe-and-well">www.involvekent.org.uk/safe-and-well</a>  |
| <b>Involve Carers Support</b><br>West Kent  | Providing support for carers   | <b>Call: 03000 810005</b><br><b>Email:</b> <a href="mailto:office@involvekent.org.uk">office@involvekent.org.uk</a><br><b>For more information visit:</b><br><a href="http://www.involvekent.org.uk/carers">www.involvekent.org.uk/carers</a>   |

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