

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.

All services are Kent and Medway wide unless stated.

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) 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.	Self-refer to your choice of provider <ul style="list-style-type: none"> • We are with you Call 0300 012 0012 Visit: www.wearewithyou.org.uk • IESO Visit www.iesohealth.com/en-gb
Maidstone Safe Haven Kent & Medway	The Kent and Medway Safe Havens are currently providing telephone support only. The emphasis of the service is on reducing immediate distress, and supporting people to access services and opportunities available to them in the wider community. Available 6pm – 11pm 365 days per year	Call 07484061684 Email: Maidstone.mhm@nhs.net
Live Well Kent West Kent	Live Well Kent can help you improve your mental and physical health and wellbeing. They can help with 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. The service continues to operate remotely, please contact for more information.	Call: 0800 567 7699 Email: info@livewellkent.org.uk or contact via the website www.livewellkent.org.uk

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Solace Café Tonbridge Tunbridge Wells Sevenoaks	Phone Support for those struggling with mental health issues. The service can offer a 20 minute wellbeing call. Call or email to arrange.	Call: 07436 102171 or email solacecafe@westkentmind.org.uk
Hope Café Maidstone	Phone Support for those struggling with mental health issues. Friday 4pm – 8pm Sunday 1pm – 5pm	Friday call: 07407499641 or 07563035569. Sunday call: 07512207805 or 07787343496 For more details visit: www.maidstonemind.org/changes-maidstone-hope-cafe/
West Kent Mind Tonbridge Tunbridge Wells Sevenoaks	Offering online and phone support. Visit the website for more details and updates on regular groups.	www.westkentmind.org.uk
Maidstone and Mid Kent Mind Maidstone	Providing phone support for those struggling with mental health issues.	Call either 07534 044513 or 07934 226442 to access support or go to: www.maidstonemind.org
Reachout Tunbridge Wells Tonbridge	Providing phone and online support for people struggling with mental health issues.	Contact Jill on 07989 219185 For more information visit: www.mentalhealthresource.org.uk/reachout
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 Maidstone Tonbridge & Malling Borough Green The Weald 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.	Call: 03000 810005 Email office@involvekent.org.uk For more information visit: www.involvekent.org.uk/safe-and-well
Involve Carers Support West Kent	Providing phone support for carers	Call: 03000 810005 Email: office@involvekent.org.uk For more information visit: www.involvekent.org.uk/carers