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|  | **SWALE** |  |
| **Organisation** | **Services** | **Contact** |
| **Community Link Service** | **Support and advice on where to get help**  One to one telephone support or WhatsApp video calls  Support with   * housing, debt and benefits including online support * support with wellbeing at this difficult time * liaising with key agencies on clients’ behalf * linking to community help and food parcels   Provision of a mobile phone for clients if they do not have access to one | Live Well Kent  0800 567 7966  [info@livewellkent.org.uk](mailto:info@livewellkent.org.uk) |
| **Swale Your Way**  **Wellbeing Services** | **Support and activities to promote good mental health and wellbeing**  Emotional support via telephone  Regular support with timeframes agreed with client  Member Facebook page conversations and video calls  Social media connections with other clients monitored by staff  Advice around   * current government recommendations to stay safe and reduce potential for infection * looking after wellbeing * creating coping strategies for those dealing with mental distress * coping with the impact of isolation * benefit entitlements, debt or housing issues | 07515 099191  [donna-ashworth@together-uk.org](mailto:donna-ashworth@together-uk.org) |
| **Invicta Health Care**  **C:\Users\Hilary Johnston\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\E0D620B3.tmp** | **Primary Care Mental Health Specialist service** for patients in primary care with mental health needs including depression, anxiety and mood disorders  Referrals can be made by GPs and other organisations including Live Well Kent, NHS talking therapies and Community Mental Health teams.  Staff are trained to help understand, cope with and overcome mental health and emotional problems and offer:   * a full mental health assessment * treatment plan * short term follow up * referrals to Community Mental Health teams, NHS talking therapies or Live Well Kent   Telephone review for existing patients, ongoing support by phone or video. New patients screened within 48 hours and first assessments by phone. Patients are seen in clinical settings or at home in exceptional circumstances only. | [invictahealth.mentalhealthreferrals@nhs.net](mailto:invictahealth.mentalhealthreferrals@nhs.net)  0800 242 5199 (option 1) |
| **Community Inclusion Service** | **Support for people who are socially isolated**  One to one telephone support around feeling socially isolated, feeling lonely and or anxious.  WhatsApp video calls to keep connected if technology allows   * small groups and activities via Zoom * promoting wellbeing * liaising with key agencies on clients’ behalf * linking to community help and food parcels   Provision of a mobile phone for clients if they do not have access to one | Live Well Kent  0800 567 7966  [info@livewellkent.org.uk](mailto:info@livewellkent.org.uk) |
| **Community Housing Service** | **Support for people with housing and mental health issues**  One to one telephone support around people’s housing situation and mental health  WhatsApp video calls to keep connected if technology allows   * liaising with local authorities * liaising with housing associations and private landlords on clients’ behalf * finding appropriate legal advice if required   Provision of a mobile phone for clients if they do not have access to one | Live Well Kent  0800 567 7966  [info@livewellkent.org.uk](mailto:info@livewellkent.org.uk) |
| **Shaw Trust Employment Services Swale**  **C:\Users\Hilary Johnston\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\89458881.tmp** | **Support into employment**  Virtual mindfulness groups through Microsoft teams  Interview skills groups  Courses for coping with uncertain times  Telephone support  Job action groups  Work preparation skills | [Natasha.murphy@shaw-trust.org.uk](mailto:Natasha.murphy@shaw-trust.org.uk) [Michael.foster@shaw-trust.org.uk](mailto:Michael.foster@shaw-trust.org.uk) |
| **Megan CIC - Personality Disorder Peer Support**  **C:\Users\Hilary Johnston\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\205FD203.tmp** | **Personality disorder peer support**  One to one support by telephone for clients with personality disorder  Weekly contact with clients  Personality disorder peer support group weekly check ins  Peer support through the Megan CIC Facebook page | [enquiries@megancic.org.uk](mailto:enquiries@megancic.org.uk)  01634 402077 |
| **Rethink Asian Mental Health Helpline** | **A free and confidential Asian Mental Health helpline**  offering caring, non judgemental and empathetic support covering mental health and domestic abuse issues.  You can speak to us in Asian languages (Gujarati, Punjabi, Hindu, and Urdu) or in English.   * Mondays and Wednesdays 4pm to 7pm * Tuesdays and Thursdays 12pm to 3pm | 0808 800 2073 |
| **SpeakUp CIC**  **Night Owls** | **Night Owls – Support for people who are finding it difficult to sleep**  It is a closed moderated Facebook group for people who are awake at night and want to   * post in a safe place * see if anyone else is awake and up for a chat   Night Owls site is especially valued during this difficult period | Maggie Gallant  [Maggie@speakupcic.co.uk](mailto:Maggie@speakupcic.co.uk).  Kay Byatt  [Kay@speakupcic.co.uk](mailto:Kay@speakupcic.co.uk)  07543 977670 |