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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 callsSupport 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 7966info@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 clientMember Facebook page conversations and video callsSocial media connections with other clients monitored by staffAdvice 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 099191donna-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 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 7966info@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 healthWhatsApp 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 7966info@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 teamsInterview skills groupsCourses for coping with uncertain timesTelephone supportJob action groupsWork preparation skills | Natasha.murphy@shaw-trust.org.uk 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 disorderWeekly contact with clientsPersonality disorder peer support group weekly check insPeer support through the Megan CIC Facebook page | 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 GallantMaggie@speakupcic.co.uk.Kay ByattKay@speakupcic.co.uk07543 977670 |