

What mental health services are available?

1st May

We know this is a challenging time for people with a mental health illness and those that care for them.

Many of Kent & Medway’s mental health services are still operating albeit in a slightly different way.

We’re working with all the organisations to get a clear picture of which services are still operating. Obviously, this situation is changing daily but we will endeavour to keep this page up-to-date.

If you are after general mental health and wellbeing support, we have lots of tips and ideas on our website www.healthwatchkent.co.uk

If you would like information about your service here please get in touch on information@mhuvoice.co.uk

KENT & MEDWAY WIDE	
<p>KCC Social Care Helpline</p> <p>Kent Together</p>	<p>KCC, in partnership with District & Borough Councils and voluntary sector, have created a 24 hour Helpline for peoples’ urgent needs, supplies or medication.</p> <p>If you are vulnerable and have an urgent need that cannot be met through existing support networks, visit www.kent.gov.uk/KentTogether or call 03000 41 92 92.</p>
<p>KCC Social Care for mental health</p>	<p>Offering a skeleton service through the Community Mental Health Teams. Urgent home visits are still taking place and the majority of support is being offered by phone and online.</p> <p>Call 0300 042 2827 Mon-Fri 9-5pm.</p> <p>For out of hours support call 03000 419191 or visit https://www.kent.gov.uk/social-care-and-health/care-and-support/how-to-get-help#tab-2</p>

Mental Health Crisis support for Kent & Medway Release the Pressure	A new 24 hour Helpline. Text the word “Kent” or “Medway” to 85258. This is part of Release the Pressure service
Mental Health Helpline for young people	A 24 hour Helpline has been set up by NELFT specifically for young people and their parents. 0300 555 1000
KCC Mental Health WellBeing	New website with lots of advice to support your mental health. https://www.kent.gov.uk/social-care-and-health/health/coronavirus/looking-after-your-mental-health
Talking Therapies/IAPT	Is being offered through phone, online and digital. The website is open for referrals.
Live Well Kent (Shaw Trust & Porchlight)	Are offering telephone and online services. They are still accepting referrals and are contacting every client to talk about their needs. www.livewellkent.org.uk We have more info on Live Well services attached.
Samaritans	Are still open, although they are reporting longer waiting times than normal. Call 116 123
Young Minds	Are still offering support. Text for urgent help to 85258
Primary Care including GPs	Contact your GP surgery directly.
ADHD services and Adult Social Care in East Kent	Please contact your GP surgery directly
Eating Disorders KMPT	You will receive support remotely from NELFT Check their website for the latest updates www.kmpt.nhs.uk/need-help/ The buildings are only open for patients who need injections. Care Co-ordinators are supporting patients over the phone. If you need urgent help contact the single point of access number 0300 222 0123 or try your GP.
Your Safe Haven	This is a new service for those who are 16+, for anyone who is feeling distressed, frightened or overwhelmed. Support is over the phone every day, including weekends, between 6-11pm. Canterbury : call 07876 476 703 or 07483 163953 or email Canterbury.mhm@nhs.net Maidstone : 07484 061684 or email Maidstone.mhm@nhs.net Medway : 07850 901151 or 07808 795036 or email Medway.mhm@nhs.net

	<p>Thanet : Call 07850 655 877 or email Thanet.mhm@nhs.net</p>
Family Matters Services Kent	<p>Provide support around sexual abuse and rape. The Helpline is closed but they are picking up voicemails & running telephone and e-counselling. Email admin@familymattersuk.org or visit https://www.familymattersuk.org/</p>
We are With You	<p>National organisation offering free confidential support. Online courses, webinars, one to one sessions and calls. Visit https://www.wearewithyou.org.uk/help-and-advice/find-service/how-we-help-mental-health/</p>
Asian Language mental health helpline	<p>Free confidential non-judgemental support call 0808 800 2073</p>
BME Sahayak Services, Rethink	<p>One to one support and information for those from BME communities and their carers. Please call 01474 364 837 or 01474 364498</p>
WEST KENT	
West Kent Mind	<p>Are offering support over the phone and online https://westkentmind.org.uk/ Call 01732 744 950 to discuss what help you may need</p>
Maidstone & Mid Kent Mind	<p>The Office Number isn't currently in use, but people are invited to call either 07534 044513 or 07934 226442 to access support.</p>
Mid Kent Mind Crisis Line	<p>Is available Friday and Saturday 4pm - 8pm as well as Sunday 1pm - 5pm</p> <p>For details visit https://www.maidstonemind.org/changes-ashford-wellbeing-cafe/</p>
Hope Café	<p>www.maidstonemind.org/changes-maidstone/hope/cafe Support for people in Maidstone who are at risk of a crisis. Contact to arrange support over the phone.</p>
Solace Café	<p>20 minute wellbeing calls are being offered for West Kent residents if you feel you are at risk of a crisis. Contact solacecafe@westkentmind.org.uk to book.</p>
Reach Out	<p>Delivering support over the phone for Tunbridge Wells, Sevenoaks & Tonbridge https://www.mentalhealthresource.org.uk/reachout</p>
NORTH KENT	
MEGAN	<p>Are offering phone calls for Dartford, Gravesham & Swanley residents who are in their Personality</p>

	Disorder Group and phone and online support including Facebook for other service users. http://megancic.org.uk/
SURF (Rethink)	Offering telephone and Skype support for Swale residents https://www.rethink.org/help-in-your-area/services/community-support/swale-user-forum/
North Kent Mind	Are still taking referrals and are offering support over the phone and online. https://northkentmind.co.uk/
EAST KENT	
Take Off	Are offering support over the phone for Canterbury plus the surrounding areas and Shepway residents and through online groups https://takeoff.works/
Speak Up	Is offering support over the phone for people living in Thanet, Ashford & Dover, online and by post on a daily basis for clients. http://www.speakupcic.co.uk/
East Kent Mind	The Crisis Café remains open currently from 6-10pm every evening. All other services are being offered online and by phone
East Kent Mind Crisis Line	Contact the Helpline on 0203 9120031 Monday - Friday 2pm - 5pm. Friday - Sunday 6pm - 10pm
Folkestone & Hythe Haven	Is for residents who are experiencing a mental health crisis. They operate between 6-11pm, except for weekends and bank holidays when they are open 12pm-11pm. They are providing a phone service please call 0808 1963 569 or email Folkestone.Haven@hestia.org
South Kent Mind	Offering support over the phone 0300 12 11 102 https://www.southkentmind.org.uk/
HomeStart Thanet	Providing a helpline for parents in Thanet. They are offering a listening ear service on Tues, Weds and Thurs 9:30-12:30 please call 01843 609665 or email admin@homestartthanet.org.uk
MEDWAY	
Medway Area Rethink Support Group (MARS)	Are offering phone and online support, call 07763 971085 or email marsgroup@rethink.org
IMHP Improving Mental Health Provision	Not for profit organisation based in Medway, are offering telephone support, please call 07521 678521 http://www.imhpaction.com/index.html