

Factsheet 14

Mental Health Support

If you have any concerns regarding your mental health, need to talk to somebody or have been recently diagnosed with a mental illness and require further information, the following agencies will be able to give you advice and support.

NHS Kent and Medway

If you need help in a mental health crisis or emergency:

Adults

For urgent mental health support, advice or guidance

Tel: 0800 783 9111 - 24 hrs 7 days a week

Or text "Kent" to 85258 for 24 hour mental health crisis support via text

Under 18's

24 hour helpline Tel: 0800 011 3474 (select option 1 then 3)

Help and advice also available on the NHS 111 helpline



Shepway Mental Health Team

Shepway Mental Health Team provides a support service to adults 18 – 65 age, with mental health problems or needs. You can be referred by your GP, or other health professional, so if you feel you need support please contact your GP. They do not accept self-referrals.

Tel (if you are already working with them only): 01303 227510 weekdays 9am-5pm

Website: www.kmpt.nhs.uk

The Folkestone Haven

The service is for adult residents from the Folkestone and Hythe District in some form of Mental Health Distress or crisis. No appointment necessary

Located at The Rainbow Centre at 69 Sandgate Road.

Mon to Fri: 6pm – 11pm , Sat, Sun & Bank hol 12noon – 11pm

Tel: 07827 533871 Email: Folkestone.Haven@Hestia.org

Message through Facebook - @HestiaFolkestoneHaven



New Romney Counselling Services

Low cost, donation based counselling for all including adults and children, single or couples for any reason

45a High Street (above Faith, Hope & Charity), New Romney, Kent TN28 8AH

Entrance by the side door in church approach road

Tel: 01797 367809 Mon – Fri 9am-5pm

Website: www.newromneycounsellingservices.co.uk



Samaritans

There to talk and help you whatever you are going through without judgement.



Tel: 116 123 (freephone) 24 hrs a day 365 days a week
Email: jo@samaritans.org Webchat: www.samaritans.org
Write a letter: Freepost SAMARITANS LETTERS

Mind

Offers services including advice and information, counselling, day services, outreach, volunteer opportunities and center activities



Tel: 01303 250090 / 03000 123 3393
Email: contact@southkentmind.org.uk Website: www.southkentmind.org.uk

Live Well

General support to improve mental health and wellbeing through support with feelings or with practical things like work and housing.



Tel: 0800 567 7699
Email: info@livewellkent.org.uk Website for online referral: livewellkent.org.uk

Mental Health Matters

Offering support services ranging from 'talking therapies' to supported housing and safe haven.



Tel: 0800 107 0160 (24hrs, 7 days a week) Webchat available – Mhm.org.uk

Choice Support

Support for people with a range of disabilities, including autism, learning disabilities and mental health needs. They also help people with long-term mental health needs to find work and run wellbeing courses to support in their recovery journey.



Tel: 01622 722400 Online referral: choicesupport.org.uk

GOV.UK Access to work

Help for you to get or stay in work if you have a physical or mental health condition or disability

In order to be eligible for help you will need to have a paid job, or be about to start or return to one. A paid job could include: self-employment, an apprenticeship, a work trial or work experience or an internship. Support can include grants to pay for practical support in range of scenarios.

You can apply through the website by completing an online form: www.gov.uk/access-to-work/apply