

Mental Health Directory



List of useful organisations and
phone numbers to assist patients

Produced by Headcorn Surgery Patient
Participation group (PPG)

Directory of helpful organisations and support for Mental Health Sufferers

Organisation	Contact details
<p>Kent and Medway </p> <p>NHS and Social Care Partnership Trust</p>	<p>Maidstone Community Mental Health Team Duty Service</p> <p>Albion Place Medical Centre 23-29 Albion Place Maidstone Kent ME14 5TS e-mail: Kamnascpt.maidstonecmht@nhs.net</p> <p>Tel: 01622 766900 9am-5pm Monday - Friday</p>
	<p>WKTT provide a range of free and confidential talking therapies, face to face, over the phone and online, on behalf of the NHS.</p> <p>Tel: 0300 012 0012</p> <p>Text TALK to 82085</p> <p>www.thinkaction.org.uk</p>
<p>Emergencies</p>	<p>Call 999 or 112 if you are in immediate life threatening circumstances</p>
	<p>For non-emergency medical advice tel: 111</p> <p>Web: http://www.nhsdirect.nhs.uk</p> <p>Available 24-hours a day, 365 days a year to help</p>
	<p>You can talk to Samaritans at any time of the day or night</p> <p>Tel: 116 123</p> <p>Web: http://samartians.org</p>
	<p>Confidential Emotional support and Guidance</p> <p>Tel: 0800 107 0160 (Kent and Medway) or if calling from a mobile 0300 330 5486</p> <p>e-mail: timeonline@mentalhealthmatters.com</p> <p>Web: http://www.mentalhealthmatters.com</p>

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A Admiral Nurses –Specialist Mental Health Nurses working within the NHS Support carers of people with memory problems and the people themselves	Tel: 01233 658100
Alcoholics Anonymous UK	Helpline: 0800 917 7650 (free) help@aamail.org www.alcoholics-anonymous.org.
Drink Aware UK	Helpline : 0300 123 1110
Alzheimer's Society	National Helpline: 0330 222 11 22 Mon- Wed 9am- 8pm Thurs and Friday 9am - 5pm Saturday and Sunday 10am -4pm www.alzheimers.org.uk Local number: 01622 747181
Anorexia & Bulimia	Helpline: 03000 11 12 13 www.anorexiabulimiacare.org.uk
Anxiety, phobias, panic etc	Helpline: 08444 775 774 Text: 07537 416905 www.anxietyuk.org.uk
B B-eat eating disorders- provides helplines, online support and network of UK wide self-help groups	Helpline: 0808 801 0677 Youth line: 0808 801 0711
Bereavement Sands Group – support for anyone affected by death of a baby	Ashford tel. 01233 643976 / 07951 454682 email : eastkentsands@gmail.com www.kentsands.com
Blackthorn Trust - offers medical care, specialist therapies and rehabilitation through work placements in Blackthorn Garden	Blackthorn Trust St Andrews Road Barming Maidstone Kent ME16 9AN Tel: 01622 828382 Monday to Friday from 9.30am - 3.30pm
C CALM (Campaign Against Living Miserably) On-line resource for men aged 15-35 They offer information and advice covering a huge range of issues that may help you , from eating disorders and sexuality to work issues and	Nationwide Tel: 0800 58 58 58 London Tel: 0808 802 5858 Both lines open 5pm -midnight 7 days a week www.thecalmzone.net

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bereavement, and all things in between Carers Support –Ashford –	www.carerssupport.org.uk Tel: 01233 664393 www.carers-ashford.org.uk
ChildLine	Helpline: 0800 1111 www.childline.org.uk
Crossways community - cares for people with mental health difficulties. The care and support in each home is tailored to meet specific needs. Provides residential care and support for adults aged 18-65 with acute mental health issues	8 Culverden Park Road Tunbridge Wells Kent TN4 9QX Tel: 01892 543290 e-mail: info@crosswayscommunity.org.uk www.crosswayscommunity.org.uk
Christians Against Poverty - range of services to help you get debt free	www.capuk.org Tel: 01274 760720
Cruse - Maidstone and Medway Can provide bereavement counselling for all	Tel: 01622 671011 National help line: 0808 808 1677 Maidstone and Medway line: 01622 671011 Maidstone Community Support Centre 39-48 Marsham Street Maidstone Kent ME14 1HH www.maidstonecruse.org.uk
D Domestic Abuse Support Services in Kent and Medway A new resource covering Kent and Medway providing advice and information on services for victims, friends & family, and perpetrators of Domestic Abuse.	Tel: 0808 168 9276 Opening times: Mon-Fri 8am-8pm; Sat 9am-5pm www.domesticabuseservices.org.uk
Domestic Violence Freephone Helpline	24 hour National Domestic Violence Freephone helpline : 0808 2000 247 (women's aid & refuge) 0808 801 0327 (men's advice line)
Domestic Violence Service	<ul style="list-style-type: none"> • Kent police DVU and non-urgent crime dial 101 • Medway police DVU enquiries 01634 792308 • Hearing impaired text 'police' and message to 60066 • 24 hour Nation Domestic Violence Helpline Womens Aid and refuge 0808 2000 247 or men 0808 801 0327 • National centre for DV 0844 8044 999, legal help and civil injunctions • Mankind - male victims of DV 01823 334 244 • Galop for LGBT victims of DV 0800 999 5428 • Karma Nirvana (for honour based violence and forced marriage) 0800 5999 247 • Forced Marriage unit 0207 008 0151

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	http://www.domesticabuseservices.org.uk
E Family Action -South East Family Action is a provider of services to disadvantaged & socially isolated families	Tel: 020 7254 6251 www.family-action.org.uk
The Farming Community Network (FCN) - seeks to provide confidential, non-judgmental support to all those in need of help in the farming community across England and Wales, whether the issue is related to the farm business or the farm household	Tel: 03000 111 999 General enquiries : 01788 510866 e-mail chris@fcn.org.uk www.fcn.org.uk
G Gingerbread- Single parent helpline	Tel: 0808 802 0925 (free) Mon 10am - 6pm Tue/Thurs/Fri 10am - 4pm Wed: 10am - 1pm and 5pm -7pm www.gingerbread.org.uk
H Hearing Voices Network - support service for people who hear voices, their families and carers	Tel: 0114 271 8210 E-mail: nhvn@hotmail.co.uk WWW.hearing-voices.org
Headway - promote understanding of all aspects of brain injury	Tel: 0808 800 2244 e-mail helpline@headway.org.uk 9am - 5pm, Monday to Friday, but you can leave an answer phone message at any time www.headway.org.uk
Healthy Start - provides vouchers every week to spend on milk, plain, fresh, frozen fruit and vegetables and infant formula	Tel: 0345 607 6823 https://www.healthystart.nhs.uk
Holding on letting go- supporting grieving children and families	Tel: 03445 611511 c/o Wisdom Hospice High Bank Rochester Kent ME1 2NU e-mail: info@holg.org.uk www.holdingonlettinggo.org.uk
I IESO – Online Therapy. Providing online cognitive behavioral therapy (CBT) on behalf of the NHS in West Ketn	Free. Tel. 01954 230066 open 09:00 - 17.30 (uk time) www.iesohealth.com/westkent Or email: info@iesohealth.com
K K-DASH- Domestic abuse one stop shop offers free advice, information and support from a range of agencies under one roof to help victims of domestic abuse	Tel: 01622 761146 (Mon-Fri 9am - 5pm) Maidstone Community Support Centre 39-48 Marsham Street Maidstone Kent ME14 1HH

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Organisation	Contact details
No appointment is required just turn up	e-mail dutydesk@k-dash.org.uk
Kent Healthy Trainers - helping patients make a positive lifestyle choice	Tel: 0300 123 1220 Healthy Trainer Service Trinity house 110-120 Upper Pemberton Business Park Ashford TN25 4AZ https://www.kenthealthandwellbeing.nhs.uk/health-trainers
Kent Sheds - providing a place for people to come together to pursue hobbies and interests	KentSheds@kent.gov.uk
KMPT – Kent & Medway NHS & Social Care Partnership Trust. Mental health services/substance abuse etc. Age 17+	Urgent Helpline: 0300 222 0123 www.kmpt.nhs.uk
L Live Well Courses – Managing Stress, Anxiety & Depression	Tel. 01732 744950 www.westkentmind.org.uk
Look Ahead - works with people whose lives can be challenging and at times chaotic	Tel: 0207 368 4600 e-mail : info@lookahead.org.uk www.lookahead.org.uk
M Maytree - supports people in suicidal crisis The Maytree offers a free 4 night/5 day stay to people experience suicidal thoughts and the opportunity to be befriended and heard in complete confidence	Tel: 020 7263 7070 e-mail : maytree@maytree.org.uk www.maytree.org.uk
Mental Health Foundation –Prevention at the heart of what they do.	www.mentalhealth.org.uk
Mental Health Matters	Helpline: 0800 107 0160 24 hour/ 7 days a week
Mind	Tel. 01622 692383 www.maidstonemind.org . Early Intervention in Psychosis Service Mon-Fri 9-5 Ashford Wellbeing Café, Ashford Live It Well Centre 6-9.45pm Fri & Sat. Hope & Solace Cafes West Kent Mind – Thurs 5-9pm Tonbridge Sat 5-9pm Tonbridge Tel: 01732 744950 Mind Mid Kent - Fri 5-9pm, Sun 1-5pm 01622 692383
Mindfulness –Online courses under the Mental Health Foundation	www.BeMindful.co.uk
Money Advice Service - independent service, set up by the government to help people make the most of their money, we give free, unbiased money advice to everyone across the UK	Tel: 0800 138 7777 (call free) 8am-8pm Mon-Fri 9am - 1pm Saturday https://www.moneyadvice.service.org.uk

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N NAPAC - National Association for people Abused in Childhood	Tel: 0808 801 0331 (Free) Mon- Thurs 10am - 9pm Friday 10am - 6pm Email: infonyapac.org.uk www.napac.org.uk
P Pandas Foundation – Pre and Postnatal Depression, support groups.	Helpline: 0843 2898 401 9am-8pm. Email: info@pandasfoundation.org.uk
Papyrus- Prevention of young suicide	Tel: 0800 068 41 41 e-mail: pat@papyrus-uk.org text (SMS) : 07786 209697 Mon-Fri: 10am-10pm Sat - Sun: 2pm-10pm Bank holidays: 2pm-5pm
PTSD – For anyone affected by PTSD	www.ptsduk.org .
R Relate West Kent - relationship counselling for individuals and couples	Tel: 01892 529927 Kent West & Mid Kent Tunbridge Wells Relate Centre 12 Mount Ephraim Tunbridge Wells Kent TN4 8AS e-mail: appointments@westmidkent.eclipse.co.uk www.relatwestmidkent.org.uk
Release the pressure – Life can get really tough sometimes, but talking can help. We have a highly trained and experienced team available 24/7 to provide you with confidential support to get you back on track. So if you are beginning to feel the pressure, don't suffer in silence. Make the call.	Freephone - 0800 107 0160 24/7 www.releasethepressure.uk
Resilience – Film on The Biology of Stress & The Science of Hope. Karen Pritzker & James Redford. Treatment and prevention of toxic stress and adverse childhood experiences (ACEs). Also film Paper Tigers.	You tube
Richmond Fellowship - provide a range of housing related support to enable individuals with mental health problems to develop and maintain independence in the community	www.richmondfellowship.org.uk Head Office: 0207 697 3300
Rubicon Maidstone Free Counseling for victims of serious crime Children (aged 8+) and Adults	Helpline 07505 709 876 Availability: Mon 12-3pm Wed 7-10pm Thurs 12-3pm Sat 12-3pm www.rubiconcares.org

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S Samaritans	Support Line: 116 123 (free) 24/7 www.samaritans.org
Sane - working to improve quality of life for anyone affected by mental illness	Saneline: 0300 304 7000 4.30pm-10.30pm helpline. www.sane.org.uk
Self-Harm UK	www.selfharm.co.uk
Shaw Trust we provide employment opportunities, skills development training and health and well-being services across the UK	Tel: 01233 661692 - Ashford
Single Point of Access (SPA)	Referral line for NHS Mental Health Services Tel: 0300 222 0123 (24/7) www.kmpt.nhs.uk
Sleepstation West Kent - Free NHS Therapy Sleepstation	7 days a week on line therapy course Tel: 0333 800 9404 e-mail - support@sleepstation.org https://sleepstation.org.uk
Step change - Consumer Credit Counselling Service - free debt help and advice	Tel: 0800 138 1111 for debt advice Tel 0300 303 7037 for a debt management plan www.stepchange.org
St Giles Trust Help people suffering disadvantages such as experiences of prison, homelessness, long-term unemployment, addiction and severe poverty	Tel: 020 7708 8000 stgilestrust.org.uk
Support After Suicide Help is at Hand - if you have been bereaved by suicide there is a guide called Help is at Hand that can support and advise you through difficult times	http://supportaftersuicide.org.uk
T The Bridge Trust - provides a range of services that a single homeless person needs in their journey from homelessness to independent living (West Kent)	Tel: 01732 368363 e-mail: info@thebridgetrust.org.uk www.thebridgetrust.org.uk
The Compassionate Friends - charity that supports bereaved parents and their families after a child dies at any age from any cause	Helpline: 0345 123 2304 Daily 10am-4pm and 7pm-11pm e-mail - helpline@tcf.org.uk www.tcf.org.uk
Thinkaction West Kent - NHS funded talking therapy and counselling service	Tel: 0300 012 0012 Text TALK to 82085 www.thinkaction.org.uk
V Victim Support - can help if you have been a victim of any crime or have been affected by crime committed against someone you know	Victim Support line: 08 08 16 89 111 www.victimsupport.org.uk

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Y Young Addiction – To make positive behavioral changes – also for adults.	Helpline: 0207 251 5860 www.addaction.org.uk
Young Lives foundation - independent children's charity dedicated to delivering quality services tailored to ensure effective outcomes in the lives of vulnerable and disadvantaged children and young people	Tel: 01622 693459 e-mail : enquiries@ylf.org.uk www.ylf.org.uk Facebook: www.facebook.com/ylf.org.uk twitter: www.twitter.com/ylfcharity
Young Minds – UK charity committed to improving the well being and mental health of children and young people	Parents Helpline: 0808 802 5544 Monday to Friday 9.30am-4pm www.youngminds.org.uk

Other Useful information

Headcorn Surgery

Grigg Lane

Headcorn

Kent

TN27 9AA

Telephone: 01622 890294

Reception 8am - 6pm 01622 890 294

Prescription Line open 9am to 3pm (closed over lunch time) 01622 892610

Results line open between 3pm to 5pm 01622 892611

Pharmacy open between 9am to 6pm 01622 890758