

**A Mental Health Directory of Self Help Groups and
Support Agencies in South West Kent
Additional Information on Agencies in West Kent
And National Help Lines**

**A Mental Health Directory of Self Help Groups and Support Agencies in South West Kent
with
Additional Information on Agencies in West Kent
and
National Help Lines.**

Areas covered include:

- Tunbridge Wells and the Rural Areas.
- Tonbridge.
- Sevenoaks.
- Edenbridge.
- Maidstone

This Directory of groups is not meant to stand alone but can be used in conjunction with the Directory of Services for the use of People Living in the Maidstone Weald & South West Kent Areas which was produced through an Education Grant from Eli Lilly.

The aim is that it can be used by professionals as a quick and easy guide to help service users find the best support they can in the area where they live, as well as in surrounding areas.

The Maidstone area may not be as fully covered as the rest due to the difficulty of obtaining current information

This Directory was compiled by Linda Riley, a user of mental health services in South West Kent, from a variety of sources.

It was completed in November 2008.

To the best of my knowledge these entries were correct at that date. I take no responsibility should they be incorrect in any way.

- If you wish to correct, alter or add to any of the information contained in the directory please contact Sevenoaks Area Mind on 01732 459558.

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Self Help Groups and Support Agencies in Edenbridge

The Bridges Centre

01732 868186

High St
Edenbridge, Kent TN8 5AJ

Email – bridgescentre@care4free.net

The Bridges Centre is a place to meet friends and join activities. It is staffed by volunteers and a part time manager. Home made light refreshments are available.

Carers FIRST

-01732 357555

We are there each month to provide a listening ear and information for carers.

Reachout

-01892 676285

We also started a group for those with mental health difficulties. These are friendly, confidential, self-help support groups with the opportunity to feed back experiences and views on treatment to mental health service providers.

Sevenoaks Area Mind

-01732 743902

Twice a month (2nd and 4th Tuesdays) to provide information and advice on mental health services.

FWA Building Bridges Edenbridge

01732 860560

Edenbridge Centre
Four Elms Road
Edenbridge, Kent TN8 6AD

Email – edenbridge@fwa.org.uk

Edenbridge Building Bridges offers support to families where a parent either suffers from or is at risk of developing mental ill-health. It offers practical and emotional support to families in their homes and also from its base in the Edenbridge Centre. It also has a parents' support group and a children's group. It offers advocacy work, phone support and support to families to access other services. It co-ordinates services involved with families and develops people's support networks

The Horizon Project

-01732 865352

Unit 3, Euro House
Station Road,
Edenbridge, Kent TN8 6HQ

The Horizon Project runs easy and fun local projects. These may lead to a certificate. There is also personal help to find work and training to improve chances of worthwhile work in Edenbridge there are courses in computers and decorating.

Edenbridge Volunteer Centre

-01732 866901

Edenbridge Volunteer Centre,
Four Elms Road
Edenbridge TN8 6AD

Email - info@edenbridgevolunteers.org.uk

Edenbridge Volunteer Centre provides an advice and support service to anyone interested in voluntary work in the Edenbridge area matching their motivations to volunteer with a diverse range of volunteering opportunities. It also acts as an information and resource centre advising on all aspects of volunteering and local community services.

Edenbridge MENCAP

-01732 864291/01732 862649

2 Ash Close
Edenbridge, Kent TN8 5HJ

Email – mencap@tonbridge18.fsnet.co.uk

MENCAP run a social club for people with learning difficulties at the Edenbridge Centre every Wednesday evening from 7.15-9.00pm. Tea and coffee is provided, Transport is available.

You can

- Learn new skills with computer training
- Meet new friends
- Play snooker, table tennis and air hockey
- Enjoy Karaoke and disco dancing
- Take part in art and craft workshops.

There is also a swimming session on Friday evenings from 6-7pm at Edenbridge Leisure Centre.

Self Help Groups and Support Agencies in Maidstone

The Bridges – Maidstone Mind

-01622 692383

23 College Road
Maidstone, Kent ME15 6YH

Email - maidstone-mind@pcihosting.co.uk

An open access drop-in service offering information and support to anyone over the age of 18 experiencing emotional or mental distress and living within the Maidstone area.

Open: Monday – Thursday 2-9pm and Sundays 11-5pm

Ladies group: Tuesday 11-1pm

Self-help social activity groups run every day except Sundays. These include mens' out and about group; photography, music, creative writing, art and craft, debate and diy groups. Supported group visits to external venues. Five weekly anxiety/depression self-help groups, facilitated at the centre and one weekly anxiety self help group facilitated at an external venue. Monthly OCD self-help group facilitated at the centre. Limited places available for evening meal and Sunday lunches available. Leaflets and booklets available and telephone information during opening hours. Referrals not necessary, but new callers are advised to telephone prior to their visit.

Maidstone Mind Depression Support Group

-01622 692383

A self-help support group for those with mild to moderate depression.

Winfield Trust – Maidstone

-01622 769950

11 Ashford Road
Maidstone, Kent ME14 5DA

Computer training and vocational support for adults with mental health difficulties. There is no charge for the services. People can self refer but a letter from their GP or mental health professional would be required.

Blackthorn Trust

-01622 726128

Blackthorn Medical Centre
Andrews Road
Maidstone, Kent ME16 9AL

Email – info@blackthorn.org.uk

Provides support and help for people recovering from mental or physical health difficulties.

It offers a range of therapies and activities for people who have serious or complex physical or mental health problems. These include art therapy, music therapy, movement therapy, massage and counselling. No charge is made. Referral is by GP or Consultant as well as self-referral by letter to the trusts address.

There is also a bakery and vegetarian café as well as horticultural groups, craft group and shop.

Blackthorn Workways – A pathway to employment

-01622 727124

Email - Workways@blackthorn.org.uk

Provides help and support to people disadvantaged by or recovering from physical or mental health difficulties.

It is a supported employment scheme. It aims to enable people to obtain paid employment or become involved in voluntary work or education. People can self-refer by phone or letter or be referred by a health professional or Social Services.

Blackthorn Garden

-01622 725585

St Andrew's Road
Maidstone, Kent ME16 9AN

Email – Garden@blackthorn.org.uk

Offers work in a vegetarian restaurant/bakery, plant nursery and craft shop for people with severe and long term physical and mental health problems. People can be referred by a health professional or social services.

Platform

-01622 677337

Voluntary Action Maidstone
Maidstone Community Support Centre
39-48 Marsham Street
Maidstone, Kent ME14 1HH

Platform is for users of mental health services in the Maidstone area. Its purpose is to make sure that the mental health service users' views are made known to the providers of mental health services. Service users are also encouraged to get involved in the planning and development of services by attending various development groups.

Rethink Maidstone Advocacy Project

-01622 762502

Voluntary Action Maidstone
Maidstone Community Support Centre
39-48 Marsham Street
Maidstone, Kent ME14 1HH

Provides an advocacy service for those with mental health needs in and around Maidstone. The service is independent, free and confidential. It offers practical help around specific tasks to empower individuals to lead a worthwhile quality of life. At the moment this project is small.

Advocacy works

-01622 793050

Vanguard House
111 Mills Road
Quarry Wood Estate
Aylesford
Maidstone Kent ME20 7NB

An advocacy scheme for people with learning difficulties.
Encouragement to be involved in District Partnerships and set up and run self-help advocacy groups.

Maidstone Bipolar Disorder Self-help Group

-0845 434 9833

Email: groups@mdf.org.uk

Offers people with bipolar disorder, their family and friends:- someone to talk to, practical advice, useful information, new friends, guidance on how to manage mood swings.

U TURN – Maidstone

Free, local, easy and fun, short courses. Some courses certificated.
Personal help to find work, training or improve your chances of worthwhile work.

Maidstone
-01622 752751.

Course in computers

Maidstone/ Malling – 01732 870002.

Courses in catering and cooking. Computers, gardening and horticulture.
Other options may become available – ask at your local centre or phone
07872 987764

One Stop Shop

-01622 688003

Email – s.boyle@mcch.co.uk

A new project being piloted in Maidstone where all vocational rehabilitation agencies work together to help those with mental health difficulties find meaningful employment and support them while they are in work.

A similar project will soon be opening in the Dartford, Gravesham and Swanley area. (November 2008) and in Tonbridge in April 2009.

Maidstone Carers Project

-01622 685276

Voluntary Action Maidstone
Maidstone Community Support Centre
39-48 Marsham Street
Maidstone, Kent ME14 1HH

A service providing information and support for anyone caring for a relative or friend, including those with mental health difficulties. It runs a support group, a quarterly forum for carers and professionals and has informative resource guides.

Samaritans – Maidstone

-01622 674444 (24 hours)

48 Grecian St
Maidstone, Kent ME14 2TS

National – 08457 909090 (local rate)

Email – jo@samaritans.org

People can visit this address during open hours:

11am-11pm daily

5pm-11pm Sundays

Samaritans offer confidential emotional support 24 hours a day, 365 days a year, by phone, to anyone in emotional distress, in despair or feeling suicidal. Samaritans also offer a service where a trained volunteer will respond to emails and letters with confidentiality respected.

Floating Support/Supporting People

-Keeping a roof over your head – Maidstone.

Kent County Council Supporting People Team
Sessions House
Room 4.02
County Hall
Maidstone, Kent ME15 1XQ

A service for singles, couples and families in all types of tenancies as well as those who are home owners. They help people who are in difficulties remain independent and keep their home

Floating Support can help you if you:

- are homeless or at risk of losing your home
- have mental health problems
- have drug or alcohol problems
- are a victim of domestic violence
- are elderly people
- are young people
- are ex offenders
- Supporting People Officer: - 01622 212738
- Freephone: 0800 923 2700

Self Help Groups and Support Agencies in Sevenoaks

Sevenoaks Area Mind

Chief Executive – Linda Leonard 01732 459558

Email - admin@sevenoaksareamind.org.uk

Local mental health charity offering services and support to adults suffering from mental ill health. Their projects are listed below

Sevenoaks Area Mind Day Services

Sevenoaks Area Mind Day Services for Tonbridge and Sevenoaks are a resource for people with mental health problems.

The services are based on the Social Inclusion model and offer individualised support to access day opportunities as well as a safe social place for people to meet.

We offer support to access community resources and this can range from one-to-one support to joining group ventures.

We have a wide knowledge of what is available and have established relationships within the community.

We also offer some activities within the centre and times to “drop in”

On accessing both our Tonbridge and Sevenoaks centre you will be offered a personalised service to identify your individualised aspirations and interests and how best we can support you to achieve those.

Please contact the Day Services Team: 01732 743902

Email: tracey.smith-dance@sevenoaksareamind.org.uk

Sevenoaks Area Mind Housing Project

Offers supported housing at 2 projects in Sevenoaks, one for 9 people and one for 6. It offers some support to develop and maintain independent living within the recovery model.

Sevenoaks Mums' Support Group -Thursdays 10am-11.30am

United Reform Church
St John's Road
Sevenoaks, Kent

A weekly group for Mums run by a committed team of Mums and helpers. It offers mutual support, help and information on post-natal depression and related problems. Children are welcome at the group which has its own crèche providing for the needs of young babies and older toddlers

Please contact: -01732 459 558

e-mail: admin@sevenoaksareamind.org.uk

The ITS RIGHT Network

-01732 459558

Email – hello@itsright.co.uk

The IT's Right Network is a web based environment supporting communication between its members using social network.

It is for people who have experienced mental health difficulties either directly or as a carer. As a member you are able to access and view all the features of the site. You are able to discuss and ask questions about issues and interests, publish pictures and art work as well as live chat with other members.

Counselling and Psychotherapy – 01732 459558

Counselling is provided by Counsellors/Psychotherapists in training. All will be at an advanced stage of training and will receive ongoing supervision relating to both the training and the counselling being undertaken. An initial assessment is made by a qualified senior counsellor who also acts as a mentor.

Sevenoaks Area Mental Health Awareness Group (SAMHAG)

Phil Kessel - 01732 459558 or 01732 740530

Email – samhag@sevenoaksareamind.org.uk
or. admin@sevenoaksareamind.org.uk

The group aims to reduce stigma and discrimination which surrounds people with mental health difficulties and to break down barriers and challenge misconceptions about mental health held by the general public. Workshops in mental health awareness are undertaken by the group. Presentations are made to local groups such as Housing Associations, CAB, Volunteer Groups, Kent Police and Primary Care Trust Staff.

The group also runs a series of meetings for its own members both informal and more formal sessions to think about and plan future workshops. Group members come from all walks of life and include people with personal experience of mental health difficulties, volunteers, carers, voluntary sector workers, health workers, mental health specialists and others.

For more information on how to get involved contact the above.

Reachout

-01892 676285

Contact via Tunbridge Wells Mental Health Resource
62 London Road
Southborough
Tunbridge Wells, Kent TN4 0PR

Email – reachout@mentalhealthtunwells.org.uk

Friendly, confidential, self help groups meet fortnightly in Tonbridge. For more information see the Tunbridge Wells section or contact the above.

Sevenoaks Rethink Group - Carole Wright

-01732 452143

Third Thursday of every month 7.45pm at
Vine Baptist Church
Park Lane
Sevenoaks, Kent TN13 3UP

Email carolwright@btconnect.com
www.rethink.org

Support group for carers and those experiencing mental ill health. Meets monthly often with speakers and information from its national group

Richmond Fellowship

Greensands Supported Housing Scheme

Oak Lane- **01732 743392**
Sevenoaks, Kent TN13 1UH

Email – greensands.shs@richmondfellowship.org.uk

Supported housing scheme for single homeless people with mental health needs.

The scheme is aimed at single people between the ages of 18-65. Greensands has four flats accommodating 15 service users under one roof. The accommodation is short-stay (up to 2 years) offering a period of stability and adjustment. During this time the aim is to go on to successful long-term accommodation.

Potential applications should be discussed with your Care Co-ordinator.

Shelter

Sevenoaks Housing Aid

-01732 742399 (Advice Line)

Offers telephone advice and information for the general public and people in housing need on all housing related problems including homelessness, disrepair, housing rights and legal issues.

Drop in surgery once a week.

Shelter Free Housing Advice Helpline – 0808 800 4444

Sevenoaks and Tunbridge Wells Home Improvement Agency

-01892 536650

Low cost, reliable and trustworthy minor repairs service for the over 60 yr olds.

In Touch – Sevenoaks (Home Improvement Agency)

St George Centre

7 Chilston Road

Tunbridge Wells, Kent TN4 9LP

Sevenoaks Brighter Futures for Older People

-01732 469000

(via Sevenoaks Volunteer Centre)

34 Buckhurst Avenue

Sevenoaks, Kent TN13 1LZ

Support service and information for older people.

Sevenoaks Volunteer Centre

-01732 454785

34 Buckhurst Avenue

Sevenoaks, Kent TN13 1LZ

Sevenoaks Citizens Advice Bureau

-01732 454443

Buckhurst Lane

Sevenoaks, Kent TN13 1HW

Spring House Family Centre

-01732 465539

Hospital Road
Sevenoaks, Kent TN13 3PT

The broad aim of the service is to help local families who are experiencing difficulties of any kind, major or minor, by providing a supportive and caring environment within the community that enables parents and children to grow and develop. Its services are designed to develop parents' self esteem and encourage positive patterns of parenting.

'Step into Health'

-01732 227121

E-mail: healthyliving@sevenoaks.gov.uk

Health walk every Thursday 10.30am – meeting at Sevenoaks Leisure Centre.

Contact: Layla Powell
Choosing Health Co-ordinator, Community Development
Sevenoaks District Council
Argyle Road, Sevenoaks, Kent TN13 1GN

Self Help Groups and Support Agencies in Tonbridge

Tonbridge Drop-in

-01732 356630

3 St Mary's Road
Tonbridge, Kent TN9 2LD

E-mail tonbridgedropin@sevenoaksareamind.org.uk

Sevenoaks Area Mind Day Services for Tonbridge and Sevenoaks are a resource for people with mental health problems.

The services are based on the Social Inclusion model and offer individualised support to access day opportunities as well as a safe social place for people to meet.

We offer support to access community resources and this can range from one-to-one support to joining group ventures.

We have a wide knowledge of what is available and have established relationships within the community.

We also offer some activities within the centre and times to “drop in”

On accessing both our Tonbridge and Sevenoaks centre you will be offered a personalised service to identify your individualised aspirations and interests and how best we can support you to achieve those.

On Tuesday afternoons – 1.15pm – 4.45pm there is a Mums' Support Group. This is a weekly group for mums run by a committed team of mums and helpers. It offers mutual support, help and information. A crèche is available.

Please contact the Day Services Team: 01732 743902

Email: tracey.smith-dance@sevenoaksareamind.org.uk

Reachout

-01892 676285

62 London Road
Southborough
Tunbridge Wells, Kent TN4 0PR

Email – reachoutco@mentalhealthtunwells.org.uk

Friendly, confidential, self help groups meet in Tonbridge on alternate Wednesdays. For more information see the Tunbridge Wells section.

Princess Christian Farm

-01732 838408

Riding Lane
Tonbridge, Kent TN11 9LP

Provides sheltered work experience for those with learning disabilities and those with mental ill health.

Mencap – Tonbridge and District

-01732 360033

Suite H, 9 Cannon Lane
Tonbridge, Kent TN9 1PP

Email – ttwmscl@care4free.net
www.tonbridgemencap.charityskills.net

Mencap provides opportunities for people with a learning disability who may also have mental health difficulties.

Their adult services provide:

- **Friendz.** A social group for young adults aged 18-30. It runs fortnightly throughout the year.
- **Holiday Friendz.** A group for young adults aged 18-30 which runs during the week in the college holidays. An opportunity to make new friends and to experience a range of activities.
- **Golden Flag .** A social group for all adults aged 25 and over. It is based in Tonbridge and runs every fortnight. This group does a variety of activities including discos, bowling, games evenings and karaoke.
- **Travel Training.** Provided for individuals over 16 who want to become independent in using public transport. This could enable access to education, employment or leisure opportunities, whilst widening horizons, promoting independence and increasing self esteem and confidence.
- **SPLASH.** A swimming club for adults and children with learning disabilities at Tunbridge Wells Leisure Centre

Other new services are being set up. For information please contact the above telephone number.

Mencap Travel Buddy Scheme

-01732 360033

Email – ann.tdm@hotmail.co.uk

Offers the opportunity for volunteers to become Travel Buddies and support someone with learning difficulties to travel independently.

This can also be accessed through Kent Supported Employment – 01732 362442

Spadework

-01732 832045

Riding Lane
Hildenborough, Kent TN11 9LP

A charity for 18-65 year olds, although taster days can run before 18. Funded mostly by KCC for people with learning disabilities. Training provided in horticultural work and teaching life skills. Creating an environment for people to become work-ready as well as generating some income.

The Bridge Trust

-01732 368363

17a Quarry Hill
Tonbridge, Kent TN9 2RN

Email: info@thebridgetrust.org.uk

The Bridge Trust runs Street Teams, four Shared Supported Houses. a Move-on Scheme and an Advice Centre.

The Homeless Advice Centre offers a free, confidential, independent service to those who are made homeless, risk eviction, or are sleeping rough. Also those with benefit problems threatening living arrangements or those out staying their welcome. Benefit advice is also available.

Advice Centre: 01732 369874 (Tues, Weds, Thurs 9.00am – 3.30pm)

1 Skinners Terrace
Tonbridge, Kent TN9 2SP

Tonbridge and Malling Housing Association

-01732 780999

Offers housing advice for people who are threatened with homelessness or who are homeless or on waiting lists for local authority housing. They now also offer a support service to residents with mental health difficulties and arrange or housing services for people with special needs.

Richmond Fellowship

– **Tonbridge** – 01732 743392

www.richmondfellowship.org.uk

Tonbridge Visiting Support Service provides intensive community based support for individuals with mental health problems that enable them to develop and maintain independence in a community setting. It consists of 4 flats allocated by Russet Homes. Support is provided over a 2 year period after which the accommodation is retained and the tenancy is with Russet Homes. An individual support plan will be developed with your Care Co-ordinator which will outline the level of support needed. The hours and type of support offered are tailored to the individual's specific needs.

Shaw Trust

-01732 357751

119 High Street
Tonbridge, Kent TN9 1DL

www.shaw-trust.org.uk

Shaw Trust is a national charity that provides training and employment services to thousands of disabled and disadvantaged people each year.

Tonbridge Centre

Shaw Trust (Tonbridge) Centre provides a vocational rehabilitation service to support people with severe and enduring mental health problems to access paid employment, training opportunities, further education or voluntary work.

Certificates can be achieved through training in various areas and courses run with the project.

Training is provided in the charity shop, working in a retail environment. Experience is gained in using the till, window dressing and doing displays and encourages social interaction with the general public and other staff, volunteers and members of the Trust.

Opportunities are given to learn office skills computing and IT. Various OCR courses are delivered in vocational areas including media, care work and office skills.

Providing the opportunity for members to access Learn Direct.

Art and craft sessions and creative writing groups are offered which often help to alleviate people's stresses and anxieties and help prepare them for learning Skills through training and work experience.

A Job Club/Vocational support group is held once a week to meet individual needs of members who are ready to progress into further education and training. It also provides work experience, voluntary work, permitted work or paid employment, as well as support and guidance in job searching using newspapers and the internet, improving interview skills, telephone techniques, writing CVs. Letters and job applications.

People can self refer but in order to attend they will need a letter from their CPN, Social worker or appropriate health professional.

Kent Supported Employment

-01732 362 442

Ensuring disadvantaged people are represented in the workplace.

Advice and support on returning to work.

Referrals needed from Consultant Psychiatrist, CPN or Care Co-ordinator.

YWCA Tonbridge

-01732 459558

Email - Tonbridge@ywca-gb.org.uk

Tonbridge YWCA is a women only centre for young women aged between 11 and 30 who want to develop their potential, meet new friends and get support. Women can self refer. The centre offers a wide range of activities and courses.

It is also a base for U TURN project offering free courses for women 18+ in Work readiness, an Introduction to IT a Personal Safety OCN accredited course and a First Aid at work accredited one day course. Other options may become available so it's worth asking at this centre. A crèche is available for some courses.

Horizon Project

-01732 363990

Email - Horizon.project@westkentymca.org.uk

Tonbridge Horizon provides courses in Carpentry and Joinery.

Kenward Trust

-01622 814187

Central Office:
Kenward House
Yalding, Kent ME18 6AH

Email – Enquiry@kenwardtrust.org.uk
www.kenwardtrust.org.uk

Kenward Trust's Outreach Project

– 01732 370413

This is a community based project which aims to reach those who are experiencing problems connected with their use of alcohol or other drugs, but are not receiving the help that they need. This is often the case with women as it can be harder for them to get the appropriate help and support.

Kenward Trust is a pro-active partner in the Kent Drug and Alcohol Action Team Tonbridge and Malling Community Against Drugs forum working with the Borough Council, County Council, Maidstone and Malling Police and other organisations.

CRYVALIS

-01732 359998

Crysalis provides a 13 week non-residential recovery programme held Monday to Friday for people with drug and alcohol problems. It offers a whole therapeutic programme as well as outreach support. People can self refer.

beat

The Tonbridge and West Kent Eating Disorders Support Group for Carers.

– Jenny Langley 07786 463926 Tuesdays only

Email – jenny@eda-westkent.org.uk

Run in collaboration with Carers FIRST in Tonbridge – 01732 357555

Email – info@carersfirst.org.uk

The group for carers is to provide a mutually supportive and confidential environment for sharing experience and ideas and benefiting from the information and literature provided. Through its links with beat and service providers the group co-ordinators can feedback experiences of service provision and how they feel it could be improved.

All parents, carers and friends of people with an eating disorder, or of people who they believe might be at risk of developing an eating disorder are welcome. The group meets on the last Thursday of every month from 7.30pm to 9pm. at Carers FIRST in Tonbridge.

beat also has a helpline – 0845 6341414

Email – help@b-eat.co.uk

Carers FIRST

-01732 357555

192 High Street
Tonbridge, Kent TN9 1BE

Email – info@carersfirst.org.uk

Carers FIRST is an independent, charitable organisation supporting and helping carers in Tonbridge and Malling, Tunbridge Wells, Sevenoaks, Edenbridge and the surrounding areas. Carers FIRST is a member of the Princess Royal Trust for Carers and maintains relationships with Carers UK as well as a number of other Carer Centres, Social Services and the NHS.

Carers FIRST aims to give comprehensive help to all carers through access to information and resources, discussion, advocacy, one-to-one support and groups where they can meet other carers in similar situations.

Carers FIRST Mental Health Project provides support for families caring for people aged between 18-65 who suffer from long term mental illness/mental health problems. This includes, Schizophrenia, Bipolar affective disorder, Depression, Anorexia/bulimia, Obsessive Compulsive Disorder, Anxiety and Personality Disorder.

Carers FIRST can provide help through the following;

- Someone to talk to.
- Discussion about diagnosis.
- Information about mental illness such as possible causes, symptoms or behaviours, psychiatric drugs and side effects.
- Access to benefits.
- Their right to a Carer Assessment.
- The Mental Health Act and their rights as nearest relative.
- How to take care of themselves.
- Understanding and acknowledging their own feelings.
- Finding ways of coping with difficult behaviour or behaviour which is hard to understand.

Help is given through;

- Appointments at the office or elsewhere at flexible times of day and evening.
- Telephone support
- Loan of books, leaflets etc.
- Advocacy
- Carer support Groups
- Carer training
- Developing support networks for Carers.

For more information on the Mental Health Project or to make a referral contact **Carers FIRST by telephone – 01732 357555**

Young Carers Project. Carers FIRST run a Young Carers Group for people between 7 and 18 who help look after someone with a condition, illness or disability, including physical or mental illness, drug or alcohol addiction, HIV and AIDS.

Groups are held in Tonbridge, Sevenoaks and Southborough by Carers FIRST in partnership with Connexions Kent and Medway for young carers across West Kent.

Workshops are run to learn new skills. There is a young carer's forum and fun days out and breaks away are organised.

Young Carers Support Workers also provide support in schools by giving PHSE lessons or assemblies and are able to offer support at lunch time drop in sessions.

Self Help Groups and Support Agencies in Tunbridge Wells

Tunbridge Wells Mental Health Resource Ltd (TWMHR)

-01892 615552

www.mentalhealthtunwells.org.uk

TWMHR Ltd is a local charity in the based in West Kent. Providing practical and emotional support in a safe and caring environment for people who have mental health difficulties

It is funded to provide 3 projects:

Assert –

-01892 542088

62 London Road
Southborough
Tunbridge Wells
Kent TN4 0PR

Email – assertco@mentalhealthtunwells.org.uk

Assert offers independent, free, confidential, advocacy support to people with mental health problems both in the community and on the acute psychiatric wards at Priority House in Maidstone. It takes action to help people say what they want, secure their rights, have their views respected and their interests represented. Referrals can be made by contacting the Assert office by phone or email.

The Resource Centre –

-01892 539422

2a Grosvenor Park
Tunbridge Wells
Kent TN1 2ED

Email - centremngr@mentalhealthtunwells.org.uk

The Resource Centre offers a meeting point for individuals to socialise, share a hot meal, form friendships and feel valued and supported. It gives the opportunities for members to attend therapeutic activities and training, to build upon existing talents and develop new skills. Members are encouraged to access Community based activities to promote independence Membership of the Centre is by referral.

Reachout –

-01892 676285

62 London Road
Southborough
Tunbridge Wells
Kent TN4 0PR

Email – reachoutco@mentalhealthtunwells.org.uk

Reachout groups meet at Cranbrook, Hawkhurst, Sevenoaks, Tonbridge, Tunbridge Wells and Edenbridge. They are friendly, confidential, self-help support groups and members are also given the opportunity to feedback their own experiences and views of treatment and care to mental health service providers. Referrals can be made by contacting the Reachout office by phone or email.

The Winfield Trust Computer Centre –

-01892 519589

8 Culverden Park Road
Tunbridge Wells
Kent TN4 9QX

A flexible training programme which offers basic and intermediate qualifications in I.T for people who have experienced or are experiencing mental health difficulties. Individuals can self refer but a letter from a GP or mental health services is the usual route. There are no charges for this service

Hearing Voices Support Group –

-01892 709211

A place to share experiences, make friends and learn from one another. An evening meeting held fortnightly on Tuesdays in the Camden Centre, Market Square, Tunbridge Wells TN1 2SW.

Deliberate Self Harm team

-01892 52611 x2405

The deliberate self harm team is based in the Aand E department of the Kent and Sussex Hospital in Tunbridge Wells and is available between 9am-5pm. They provide a link between the general public and the mental health services. They offer a comprehensive service and because of their expertise give advice, guidance and training to other service providers including social services and the police. Referrals are accepted from Community Mental Health Teams (CMHTs)

Sandhurst Road Allotments –

01892 539422

A once a week gardening group run by the Resource Centre in Tunbridge Wells.

Contact Tunbridge Wells Resource Centre.

U TURN!

**The Horizon Project,
TN2 Community Centre,
Sherwood TN2 3LZ**

Contact Angie on – 07872 987764

Email - Angi@westKentymca.org.uk

Offers free short courses in computing and childcare.

From September 2008 they will also be providing courses in plumbing and electrical work.

U Turn 2008 is offering free short courses in computing, decorating, catering, horticulture and others. Same contacts as above.

Fegans

-01892 538288

106 St James Road
Tunbridge Wells
Kent TN1 2HE

Email – info@fegans.org.uk

Fegans has a staff member based at St Philip's Church, Birken Road, Tunbridge Wells TN2 3TE on the Sherwood Estate in Tunbridge Wells.

They work with adults in groups in several different ways.

W.O.W (Women of Worth)

WOW is designed as a group activity for young Mums to meet together to explore the positive experiences of their lives, to acknowledge the things they do well and to rebuild self-esteem in a fun and interactive way.

G.A.L. (Get a Life)

Not unlike WOW, GAL is designed for parents (male and female) and provides an opportunity to talk together, learn from each other, have discussions, and feel valued and build self-esteem.

Pick and Mix.

Pick and Mix is a group activity for parents who may feel isolated and are in need of the support a regular meeting with like minded people can bring.

Fegans also work with individual families by providing: Visiting and Advocacy.

Family/Community workers operate in Tunbridge Wells. They are primarily engaged in “preventative care” although a large degree of “crisis intervention” is also necessary. They work in cooperation with professionals from other disciplines such as Health, Social Services, and Education and with other voluntary bodies.

Pepenbury Tunbridge Wells

-01892 822168

Cornford Lane
Pembury
Tunbridge Wells
Kent TN2 4Q

E-mail: reception@pepenbury.info

Pepenbury provides residential care and day services to adults with learning difficulties.. The aim is to provide care, support and training to enable users to be as independent as possible and to achieve their full potential and exercise choice in their lives. They also provide day support for people with mental health difficulties

Crossways Community

-01892 529321

8 Culverden Park Road
Tunbridge Wells
Kent TN4 9QX

Email – number8@crosswayscommunity.org.uk

The Crossway community is a Christian charity which provides care and support to people with mental health difficulties. Number 8 is a fully registered care home for 16 people and number 5 is described as a hostel for 18 people. Crossway provides care according to the needs of the individual. For some people this may mean a home for life, while others may stay for a short time and then move on.

Mental Health Residential Ltd

– 01892 515520

Email – MHR71London@btconnect.com

71 London Road, Southborough, Tunbridge Wells TN4 0NS is a registered home for people who have a history of mental health difficulties. It consists of a seven bedroom house and a one bedroom flat. A team of staff is based at the house and provides 24hour supervision and support for residents. Residents are fully involved with the running of the home.

Moat Housing Projects

– 0845 6001006

Email – customer@moat.co.uk

In Tunbridge Wells Moat Housing offers a range of housing projects. These include shared housing schemes where staff are available to offer guidance. Hostel accommodation which offers short term housing and support to move on with a key worker. Supported housing where people live in their own flats and fully staffed residential care.

Colebrook Road – 01892 525886

A hostel which can accommodate up to 13 residents. Each person would be assigned a key worker who will support them towards achieving individual housing locally. Moat residents would be expected to stay for no longer than 12 weeks.

Claremont Road – 01892 616601

A shared supported house accommodating 5 residents. Each person has a key worker who will work towards independent accommodation. Residents would be expected to move on within 2 years.

Chestnut Close – 0845 3596111

An opportunity to live independently but with support. There are 7 self contained flats. Referrals are made via the joint assessment referral panel.

Moat Housing Tenancy support services

In addition to the above Moat Housing offer floating support services. This service is offered to individuals living in their own homes and is commissioned by other local registered landlords including Town and Country Housing Association,(formerly known as High Weald Housing Association). Support may be provided to enable an individual to maintain their tenancy. Moat also works with people with mental health difficulties as well as with people who have problems with drugs and alcohol.

Town and Country Housing Group

(formerly known as High Weald Housing Association)

Monson House
Monson Way
Tunbridge Wells
Kent TN1 1LQ

Help Desk – 01892 501780

Email – tchg@tchg.org.uk

Independent Living Service. Often called Floating Support.

The Independent Living Team offers a service for people in Tunbridge Wells and Dover who want to remain living independently in their own home but need help with some aspects of their life to achieve this.

It is open to people of all ages and backgrounds. It is not a requirement to be a tenant of Town and Country Housing Group you may be renting your home from another housing association or private landlord, or you could own your own home. However it is not available to people who live in a sheltered housing scheme who have a Scheme Support Manager (warden)

It provides the following kind of support:

- Budgeting and financial management
- Rent arrears and eviction
- Claiming welfare benefits
- Setting up home and resettlement support
- Understanding tenancy agreements
- Life skills and being independent at home
- Staying safe at home
- How to access daytime activities, training, education and employment within a community
- Finding a doctor and accessing other necessary services
- Dealing with other agencies
- Neighbour issues

The service is free and is funded by Kent County Council under their Floating Support Scheme. Town and Country Housing are the providers of this service in Tunbridge Wells. The availability of the service depends on people's needs and the overall demand for it. The waiting list is held by Kent County Council.

To contact Floating Support directly phone:

01622 694953 or 01622 694825

Email – supportingpeopleteam@kent.gov.uk

Town and County Housing Group also provide:

A help desk to report incidents of anti social behaviour – 01892 501780

A racial incident reporting line – 0800 138 1624

A homophobic incident reporting line – 0800 328 9162

A victim support line – 0845 30 30 900

Town and Country Housing Group. aims to support all victims of harassment. All complaints, particularly those threatening personal safety, are taken seriously and investigated fully. The aim is to get the most effective long term solution and prevent incidents happening again by working with the Police, local authorities, mediation services and other agencies

Tunbridge Wells and District Citizens Advice Bureau – CAB

29-31 Monson Road

Tunbridge Wells

Kent TN1 1LS

Advice Line – 08701 264856

Admin Line – 01892 617256

Email – advice@twcab.cabnet.org.uk

Offers free advice and information on a wide range of subjects including welfare benefits, debt, housing, homelessness, health and disability. They are able to discuss your situation and make sure you know exactly what you are entitled to and how to put matters right. Their advice is free and impartial and whatever you tell them is treated in the strictest confidence. Advice sessions are also offered at Priority House Maidstone and at Tunbridge Wells Mental Health Resource Centre on a fortnightly basis.

Sessions are also offered at Paddock Wood – Admin Line – 01892 834533 and at Cranbrook – Admin Line – 01580 713989

Home Start

– 01892 524916

116 London Road

Southborough

Tunbridge Wells

Kent TN4 0PN

Email: home-start.ttw@btclick.com

Informal, friendly, confidential, volunteer support to Mums. Dads or carers with children under 5. Volunteers visit regularly to help parents going through difficult times including loneliness, relationship problems, ill health, disability or special needs, lone parenting or post natal illness

KCC run Kent Carrier – Dial-a Ride service

– 01622 605349 or

www.traveline.org.uk

Operated by COMPAID Trust for people having difficulty using public transport. There is a joining fee & a bus fare is paid to a variety of places.

TLC Carers Group

– Contact Janet Saville on 01892 709211

A newly formed group for carers of people with mental ill health.

Samaritans

– **01892 532 323 – National Helpline 08457 90 90 90**

Limehill Rd
Tunbridge Wells
Kent TN1 1LJ

Email – jo@samaritans.org

This organisation is the local branch of the national organisation
It offers confidential support 24 hours day 325 days a year to anyone in emotional distress, despair or feeling suicidal. There is also a service where trained volunteers respond to Emails & letters with confidentiality respected. People can also visit the above address from 11am – 9pm

Cornerstone

– 01892 534422

58 Tunnel Road
Tunbridge Wells
Kent TN1 2BU

Cornerstone offers individual and group help to anyone experiencing a difficulty with drug or alcohol misuse. They have a specialist worker for under 18s.

Voluntary Action West Kent – Volunteering in Tunbridge Wells.

-01892 530330

19 Monson Road
Tunbridge Wells
Kent TN1 1LS

Email volunteeringtunbridgewells@vawk.org.uk

Volunteers can be any age, employed, unemployed, retired or at home. If you are currently out of work you can use volunteering as a stepping stone, gaining work experience, updating CVs and references. Centres in Tunbridge Wells, Edenbridge and Sevenoaks work closely with many national and local charities and community groups such as schools and hospitals. This means that you can choose activities that interest you and support issues you care about. Opportunities could be in heritage and culture, conservation, fundraising, gardening, office and IT support, befriending and mentoring, driving, arts and crafts, charity shops, and sports activities The opportunities are extremely varied.

For Volunteering Sevenoaks – 01732 454785

- volunteeringsevenoaks@vawk.org.uk

Volunteering Edenbridge – 01732 866901

- volunteeringedenbridge@vawk.org.uk

Kent Adult Education – 0845 606 5606

- www.kent.go.uk/adulted

Kent Adult Education Services (KAES) welcomes students with disabilities. If you have difficulties with note taking or exam preparation you may be able to join one of our free classes. Skills Plus Centres provide free English and Maths courses. If you have difficulty with reading, writing, numeracy or communication a Learning Support Assistant may be available to help you on a one to one basis. You may also be able to bring someone with you. Talk to the Programme Manager for Skills for Life.

There are also a wide variety of other courses, see the website for more details.

Reduced fees are available for some courses for students who receive certain benefits.

Books Can Help – Participating Libraries – Tunbridge Wells – 01892 522352

Southborough – 01892 529808

Cranbrook – 01580 712463

General Information in West Kent and National Helplines

Alcoholics Anonymous – 0845 769755

Al Anon – 0207 403 0888 – (for the family)

Anxiety UK - 08444 775 774

Zion CRC

339 Stretford Road

Hulme

Manchester M15 4ZY

www.anxietyuk.org.uk

Beating the Blues

Easy to use self help computer programme based on Cognitive Behavioural Therapy (CBT). A new way of helping people to learn to cope with anxiety and depression.

Accessed through referral from your GP or health worker.

Bridge Trust Homeless Advice Centre – 01732 369874

Accommodation and Advice

- Colebrook Road, Tunbridge Wells – 01892 525888
- Lily Smith House, Maidstone – 01622621210 (18-65)
- Christian Alliance, Tunbridge Wells – 01892 530676 (Females only aged 16-35, will also take mother and baby)
- Pilsdon at Malling – 01732 870279
- TWBC Housing Advice – 01892 526121 (Open office hours)
- TMBC Housing Advice – 01732 876378 (Open office hours)
- Sevenoaks BC Emergency helpline out of hours – 01732 462222
- Social Services – Housing Benefit – 01732 362442 (Tonbridge)
 - Emergency Fund – 01892 515045 (Tunbridge Wells)
 - 01732 585320 (Sevenoaks)
- Women's Refuge – Contact Police Station
Sevenoaks and Tonbridge 01732 771055
Tunbridge Wells – 01892 50218

Bristol Crisis Service for Women – 0117 925 1119

- 9pm-12.30am Friday and Saturday
- 6pm-9pm Sundays

A confidential helpline for women in emotional distress who self-injure. The phone lines can be very busy.

British Association for Behavioural and Cognitive Psychotherapists

(BABCP) - 01617 974484

Email – babcp@babcp.com

Accredits therapists who practice cognitive behavioural therapy (CBT) and publishes a directory on all of its accredited cognitive behavioural psychotherapists.

Centre of Excellence for Disability Archery in Kent – CEDAC

Southern Counties Archery Society Disability Archery Liaison Officer

Peter Drewery – 01732 822864

Email – peterdrewery@virgin.net

CEDAK was set up to assist disabled people in Kent who wanted to pursue the sport further. They have fully qualified coaches with experience of working with people with a wide range of impairments across all age groups and at all skill levels. You must be able to make your own way to the Centre once a fortnight. There is a small fee. The Centre was established using money from a grant and support from Kent Rural Disability Project.

Sessions are held at Valence School, Westerham Kent – 01959 562156

CILK - Centre for Independent Living Kent

-01622 355777

Email – enquiry@cilk.org.uk

An organisation of disabled people working towards full and equal citizenship for all disabled people. CILK provides the following support and assistance services by telephone. Email and from an accessible mobile office.

- Advocacy including self-advocacy and independent living advocacy.
- Information on independent living.
- Disability equality training.
- Peer support.
- Volunteering opportunities.
- Support, advice and links to other organisations.

To join CILK or if you would like more information please use the contact details above.

Connexions (Kent & Medway)

-01732 361257

Lansdowne Mews
Tonbridge, Kent TN9 1BX

Free impartial and confidential service offering advice, guidance, support and personal development services to all 13-19yr olds. For those who have learning difficulties and/or disability the service is available up to 25yr olds.

Cornerstone – West Kent Substance Misuse service

-01622 690944

Cornerstones is an NHS resource for those with alcohol and drug abuse.
Open from 9am-5pm Monday to Friday.

It also has a specialist young persons' worker for under 18s for those concerned about your drinking or drug use.

There is also a group for adults in Tunbridge Wells – 01892 534422

Cruse Bereavement Support – 0870 1671677

West Kent Branch – 01732 353575

- 10.30-1.00 Tuesday and Friday.

Free, trained, 1 to 1 counsellors to work with those suffering from a bereavement.

Depression Alliance - 0845 123 2320

212 Spitfire Studios www.depressionalliance.org
63-71 Collier Street
London N1 9BE

Direct Payments – Helpline – 01304 841987

Email – louise.watch@kent.goc.uk

Kent's Direct Payment Scheme offers a range of services to enable people to access or manage direct payments. This is a free service

Cash payments can be used to arrange your own support/assistance or to purchase equipment.

Early Intervention for Psychosis Service. – 01634 854547

Confidential advice and support line. This can be used if you notice changes in a young friend or relative.

These changes could be;

- constant tiredness.
- withdrawal from family and friends.
- feeling uneasy at all times.
- feeling depressed and anxious.
- suspicious of things.
- losing trust in people.
- saying and believing things that don't make sense.

Eating Disorders Association – Adult and Parent line

0845 634 141 - 01603 621414

Monday- Friday - 8.30am-8.30pm

Email – info@edauk.com

Helpline for people affected by eating disorders, including anorexia and bulimia.

Eating Disorders Association –

Youth Line - 0845 6347650

Monday-Friday – 4pm – 6.30pm

A helpline for anyone under 18 years of age who is concerned about eating disorders. Friends and relatives can also phone.

First steps to Freedom

Details of people on duty on helpline - **01926 851608**

Office – details can be left for an information pack – 01926 864473

Email – fstf1234@aol.com

Support group for anxiety, phobias and panic attacks

Email – anxiety1@yahoogroups.com

Support group for O.C.D.

Email – Obsessivecompulsivedisorder@yahoogroups.com

A wide range of support for people suffering from stress related disorders such as general anxiety, panic attacks, obsessive compulsive disorder, phobias and tranquiliser withdrawal. Help is also provided for people with borderline personality disorder and their carers.

Offers leaflets, relaxation tapes, videos, one-to-one telephone counselling and telephone self-help groups. The line is manned by trained volunteers who have themselves been through an anxiety disorder or have been associated with someone who has.

Hearing Voices Group – 01892 709211

HELPLINE – 0800 107 0160

Email – helpline@mhmh.co.uk (for information only)

HELPLINE provides confidential, emotional support for Service Users and Carers.

It is open from 5pm-12 midnight weekdays

2pm-12 midnight weekends and Bank Holidays.

ICAS – Independent Complaints Advocacy Service

Initial enquiries S.East – 0845 600 8616

Local contact – 01622 620447

A service providing support to people who have a complaint regarding their NHS treatment including issues relating to continuing care.

Kent & Medway Independent Mental Capacity

Act Advocacy Service -07918 698107

Monday-Friday 9am – 5pm

Kent & Medway NHS & Social Care

Partnership Trust 01634 854547 8am – 8pm

Early Intervention Service – Confidential advice and support line

Specialist service for people aged 14-35 staffed by professionals who are experts in assessing, treating and supporting young people in the early stages of a psychotic illness.

Early Intervention for Psychosis Service

Canada House
Barnsole Road
Gillingham, Kent ME7 4JL

Kent Outdoor Pursuits Disability Project

Project Coordinator – Paul Panton – 01732 525433

Email – paul.panton@kent.gov.uk

Project Support Officer – Steve Walker – 01732 525027

Further information from – Kent Sports Development Unit
KCC, 17 Kings Hill Ave. W. Malling, Kent
ME19 4UL

Initiated in 2005 and funded by Sport England’s “Active England Programme”
The project seeks to co-ordinate and develop opportunities for outdoor and adventure for disabled people. Some of the projects priorities include cycling, walking, climbing and archery.

Country Parks also hold fun events for disabled children promoting the natural environment.

Additionally projects include sailing, rowing, skiing, canoeing, camping opportunities and use of Bedgebury Forest and Pinetum.

Kent Social Services Substance Misuse Service

West Kent Substance Misuse Team – 01732 525437

This service provides “Re-hab” in either accommodation with a specialist agency providing day counselling and support, or a hostel or shared housing which could offer support at times of difficulty.

Social Services Substance Misuse Care Managers assess all applications for financial support for residential services.

For more information phone – 08458 247100

Email – socialservices.leaflets@kent.gov.uk

MAMA – 0208 8768 0123

- 7pm-10pm – Monday- Friday

Email – Meet-A-Mum.Assoc@blueyonder.co.uk

Post Natal Depression helpline and information and support for mothers

MDF The Bipolar Organisation - 08456 340540

Castle Works
21 St George’s Road
London SE1 6ES

Medication Helpline at the Maudsley –

0207 919 2999

Open 11am-5pm – Monday- Friday

Offers confidential information to patients and carers, on medications used for mental health conditions.

Mental Health Foundation – 0207 803 1101

Email – mhf@mhf.org.uk

Provides information and carries out research and campaigns.
Aims to improve services for anyone affected by mental health problems.

Mental Health Matters – Helpline 0800 1070160

Email – timeonline@mentalhealthmatters.co.uk

Confidential emotional support and guidance for everyone

Opening times: 5pm – 9am week days

24hrs weekends and bank holidays

Mind infoline – 0845 766 0163

Website www.mind.org.uk

The leading mental health charity in England and Wales, working to create a better life for everyone with experience of mental distress.

For the local Mind group see the Sevenoaks section.

Mind Publications – Email – publications@mind.org.uk

<http://www.mind.org.uk/osb/itemdetails.cfm/ID/749>

The big book of benefits and mental health 2008/9

This resource is produced and updated annually by Neath Mind with the aim of helping anyone, individual or professional, who is trying to find their way through the maze of the benefits system

National Debt Line – 0808 8084000

- www.nationaldebtline.co.uk
- Email advice via the website.

Free, confidential independent, professional advice via telephone or Email to help deal with debts in an informed and pro-active way. Self help solutions and debt management plans to people with multiple debts.

National Self Harm Network – 0208 772 9900

Email – info@nshn.co.uk

Helping people who self harm or injure.
For local Self Harm Team see the Tunbridge Wells section.

National Survivor User Network - 0207 8208982

27-29 Vauxhall Grove
Vauxhall, London SW8 1SY

National Personality Disorder Website - www.personalitydisorder.org.uk

Provides information, resources and learning opportunities for those with a personality disorder and their carers

NHS Confederation www.nhsconfed.org/mental-health

NHS Confederation is the independent membership body for the full range of services that make up today's NHS.

NHS Direct – 0845 4647

No Panic - Helpline 0808 8080545

93 Brands Farm Way
Telford
Shropshire TF3 2JQ
www.nopanic.org.uk

Support for sufferers of panic attacks, phobias, obsessive compulsive disorder.

O.C.D. Action – 0207 2264000

Support and Advice on Obsessive Compulsive Disorder.

OPENUP – 0207 700 8171

Email – openup@mhmedia.com

- www.openuptoolkit.net

OPENUP, mental Health Media's pioneering anti discrimination project, brings people with experience of mental distress together to lead the way in taking action on discrimination.

OPENUP is for everyone:

- Who has experienced discrimination because of mental health problems and wants to do something about it.
- With experience of campaigning or anti-discrimination work or keen to get in touch with others who have.
- Running training or interests in training.
- Involved in developing policy or practice to tackle discrimination.

PALS – Patient Advisory Liaison Service – 01732 520499

Advice and support on making complaints about treatment within Kent and Medway NHS and Social Care Partnership Trust.

Personal Development Fund

Administered by Sevenoaks Area Mind – 01732 459558

Email – linda.leonard@sevenoaksareamind.org.uk

The Kent User Carer Network has grants available from this fund. The grants are offered to individual service users and carers to undertake activities that will add to their personal development. These activities could take the form of training or attending conferences and seminars or working on a particular project. A course does not have to be goal orientated in terms of achieving a paper qualification, but it should be relevant and beneficial in some way to the individual applying. An application form can be requested from the above number.

Porchlight, West Kent

13 Romney Place

Maidstone, Kent ME15 6LE

- 01622 675823

Helpline – 0800 5677699

Outreach service for rough sleepers. Various 'drop ins' throughout the week.

RBLI Employment Solutions (Kent wide) - 0800 319 6841

Customer Contact Team

www.rbli.co.uk

Hall Road

Aylesford, Kent ME20 7NL

Free service supports people receiving a health related benefit who want to fund or return to work.

Rethink – 0845 4560455

Email – info@rethink.org

Rethink helps to improve the lives of everyone affected by severe mental health problems by providing quality support services and information and by influencing local regional and national policies. They believe Recovery is possible for everyone with severe and enduring mental ill health and are committed to actively working alongside service users, professionals and carers to encourage and promote the Recovery Approach.

Rethink offers a wide range of services including

- Information
- Advocacy
- Supported Housing
- Respite
- Employment Projects
- Befriending services

**Rethink – Kent Out-of-Hours Mental Health line –
Freephone: 0808 808 3333 – Open 6pm to 11pm**

An out-of-hour's helpline is one way of supporting people in the community who experience mental illness. The phones are answered by volunteer operators who have been through a comprehensive training programme and are supported and supervised by experienced staff. Volunteers on the Asian Mental Health line speak English and at least one other Asian language.

**Rethink - Asian Mental Health line – 0808 800 2073
Monday and Wednesday 4pm-7pm
Tuesday and Thursday 12noon-3pm**

Talking about mental health is taboo in BME communities and accessing information can be difficult if there are language and cultural barriers. The helpline listens, supports, and provides information in Asian languages. This service can be vitally important to carers, relatives, professionals and friends. The helpline offers caring, non-judgemental, empathic support and encourages callers to cope with their issues in a positive way. Our free phone number (from BT landlines) will not appear on BT phone bills.

Local Rethink group – 01732 452143

This Rethink group meets once a month in Sevenoaks. Carers and service users can attend. Speakers, activities and outings are arranged.

Rethink Hostel – 01732 742351

Samaritans - 08457 90 90 90
Email – jo@samaritans.org
Local number – 01892 532323

Provides confidential non-judgemental support, 24 hours-a-day for people experiencing feelings of distress or despair, including those which could lead to suicide.

If you are finding it hard to talk about things try using the e-mail address

SANE – Helpline – 0845 767 8000
- Email – info@sane.org.uk
- Open - 12noon – 2am

SANE aims to improve the lives of everybody with a mental illness.

SANDS (Still Birth and Neonatal Death) – 07899 904415

Support for parents and families when a child dies.

Self-Help UK - www.self-help.org.uk

Self Help UK is a free service provided by Intuition Communication Ltd, specialists in healthcare publishing on the internet. They provide a searchable database of over 1,000 self help organisations across the UK.

**South West Kent Crisis Resolution
& Home Treatment Team -01892 824534**

The Springs
18 Tonbridge Road
Pembury
Tunbridge Wells, Kent TN2 4QL

Service users can be referred to this service by the following:

- Community Mental Health Team
- Accident and Emergency Liaison Service
- Emergency Duty Social Work Team
- Doctors (GPs)

West Kent NHS Social Care Trust-01634 827951

Women's Aid – 08457 023468

A 24 hour National Domestic Violence Helpline for confidential advice, support and information.

Domestic violence can be physical, sexual or emotional.

Advice is given on where to turn for help, what to do or how to leave.

Youth 2 Youth - 0208 8963675

Email – help@youth2youth.co.uk

Trained volunteers aged 16-21 who are able to provide supportive confidential telephone and email service to under 19s who find it hard to communicate with adults or who would prefer to talk to someone of their own age group.

Additional Mental Health Helplines

Aids Counselling-0800 567123

Anorexia Bulimia Careline-02890 614440

Anxiety UK

Association for Post Natal Illness-0207 386 0868

Benefit Enquiry Line-0800 882200
www.dss.gov.uk/ba

BPAS (Pregnancy Advice Line) -0845 7304030

CAB (Citizens Advice Bureau)-01892 617256

CALM (Support for Young Men)-0800 585858

Dementia-0207 306 0606

Disability Living Allowance -0845 7123456

Domestic Violence-0207 633 9929

Gay switchboard -0207 837 7324

HELPLINE -0800 1070160

Highlands House (TWCMT)-01892 709211

Kent Lesbian Line -01622 763573

Kent County Council (KCC) Social Services -01732 362442

Local Social Services-01892 515045

Local Police -01892 571055/01732 771055

ME (Myalgic Encephalomyelitis)-01289 816115

Multiple Sclerosis Society-01622 861781
National Childbirth Trust -0870 44448707

National Institute for Mental Health in England
www.nimhe.csip.org.uk

National Phobic Society -0870 77700456

No Panic (Panic Disorders)-0808 8080545

OCD Action (support and advice)-0207 226 4000

Over-eaters Anonymous-01454 857158

Priority House-01622 725000

Rape and Sexual Abuse Support Centre -0208 683 3300

**Relate -01622 6770650
or 01892 529927
Royal College of Psychiatrists
www.rcpsych.ac.uk**

**Samaritans-08457 90 90 90 or 01892 532323
Saneline-03456 784000**

Shelter Kent Housing Aid-01233 610669/0808 800444

Social Fund Crisis Line-0800 0304355

Surviving Abuse (Sexual abuse)-01926 496911

Tranquilliser Addiction-0131 4749626

Victim Support (victims of crime)-0845 3030900

Voluntary Action West Kent-01892 530330

Women's Support Services -01227 452852

Drug and Alcohol Help Lines

Alcoholics Anonymous-0845 769755

Al-Anon Family Groups-0207 403 0888

Alateen 12-20years affected by others drinking-0207 403 0888

Adult Children of Alcoholics-0707 178 1899

Cocaine Anonymous-0207 284 1123

CoDA (Co-dependence Anonymous)-0207 376 8191

Cornerstone Youth Worker-01622 690944

Drink Line -0800 917 8282

Narcotics Anonymous-0207 251 4007

**NACOA (National Assoc of children of alcoholics)
-0800 289061**

National Drugs Line-0800 776600

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