

Mental Health Support during the Covid-19 pandemic East Kent

Release the Pressure – 24 hour helpline call 0800 107 0160
Text support – 24 hours mental health crisis support Text “Kent” to 85258

All services are free at the point of access and you can self-refer.

All services are Kent and Medway wide unless stated.

Service	Support	Contact
Adult Urgent Mental health support Kent & Medway	24 hour helpline for urgent mental health support, advice and guidance. Provided by Kent and Medway NHS and Social Care Partnership Trust (KMPT).	0300 222 0123
Under 18's Mental Health support Kent & Medway	Provides emotional wellbeing and mental health advice and support for young people and their families across Kent. Call the 24 hour single point of access number.	0300 123 4496 (select option one, then option three)
NHS Talking Therapy (IAPT) East Kent Only	Talking therapy services offer time-limited, evidence-based psychological therapies. All services offer treatments such as cognitive behavioural therapy (CBT), stress management and sometimes group work. Psychological therapies can help with anxiety, depression, Stress, trauma, Phobias and other related problems. All services are operating remotely via telephone and online appointments. Therapeutic appointments are available weekdays and evenings and some weekend appointments are available. NHS England have provided evidence that online treatment is as effective as face to face and patient experience is reported as high satisfaction.	Self-refer to your choice of provider <ul style="list-style-type: none"> • Dover Counselling Centre Call: 01304 204123 www.dovercc.org.uk • Insight Health Care Call: 0300 555 5555 www.insighthealthcare.org • FCS Talking Therapies Call: 01795 591019 www.fcstalkingtherapies.org • We are with you Call: 0300 012 0012 www.wearewithyou.org.uk • University Medical Centre Call: 01227 469338 www.umcpt.co.uk
Canterbury Safe Haven Kent & Medway	The Kent and Medway Safe Havens are currently providing telephone support only. The emphasis of the service is on reducing immediate distress, and supporting people to access services and opportunities available to them in the wider community. Available 6pm – 11pm 365 days per year	Call 07876 476703 or 07483 163953 Email: Canterbury.mhm@nhs.net
Thanet Safe Haven Kent & Medway	The Kent and Medway Safe Havens are currently providing telephone support only. The emphasis of the service is on reducing immediate distress, and supporting people to access services and opportunities available to them in the wider community. Available 6pm – 11pm 365 days per year	Call 07850 655877 Email: Thanet.mhm@nhs.net

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Folkestone Haven Folkestone & Hythe.	The Haven has been designed for people in a self-defined MH crisis. Phone support is available. 6pm – 11pm Monday – Friday, and 12pm 11pm every Saturday, Sunday and bank holiday.	Call 0808 1963 569
Live Well Kent Kent & Medway	Live Well Kent can help you improve your mental and physical health and wellbeing. They can help with keeping active and healthy, meeting people, everyday living, managing your money, including debt and benefits, housing support and guidance, training and work. For anyone over 17. The service continues to operate remotely, please contact for more information.	Call 0800 567 7699 Email info@livewellkent.org.uk or contact via the website www.livewellkent.org.uk
Take Off Peer Support East Kent	Peer support groups for anyone struggling with mental health issues – Operating remote groups or 1 to1's available. Please call for more information.	Call 01227 788211
East Kent Mind Crisis Line Whitstable Herne Bay Thanet	Phone support. Monday – Friday 2pm – 5pm Friday - Sunday 6pm – 10pm	Call 02039 120031
East Kent Mind Online support groups Thanet	A wide range of online support groups to promote better mental health and wellbeing. Please email for more information	Info@eastkentmind.org.uk
Kent together outbreak Kent	24 hour helpline set up to support vulnerable people in Kent who need urgent help, supplies or medication during the Coronavirus.	Call: 03000 41 92 92 or visit www.kent.gov.uk/KentTogether
Involve Kent Dover Folkestone	The Safe and Well service is a telephone befriending service that can link people to local support, e.g. help with shopping or picking up prescriptions.	Call: 03000 810005 Email: office@involvekent.org.uk Website: www.involvekent.org.uk/safe-and-well
Carers Support East Kent	Phone support for Carers	Call: 01304 364 637