

A network of colorful beads (red, blue, yellow, green) on a string, symbolizing community and support. The beads are connected by thin, light-colored lines, creating a web-like structure. The background is a soft, out-of-focus white.

SIGNPOSTING IN THE COMMUNITY - MENTAL HEALTH SUPPORT

ADVICE, GUIDANCE, SUPPORT IN TUNBRIDGE WELLS



DO YOU, OR DOES
SOMEONE YOU
KNOW, NEED HELP
WITH MENTAL
HEALTH ISSUES?

EVERYONE SHOULD FEEL THAT THEY HAVE SOMEWHERE TO GO FOR HELP AND SUPPORT DURING THIS DIFFICULT TIME. WEST KENT MIND HAS PUT TOGETHER SOME USEFUL RESOURCES - FROM HELPLINES TO APPS TO INFORMATION PAGES - WHICH YOU CAN ACCESS FROM HOME, ALL DESIGNED TO SUPPORT YOUR MENTAL WELLBEING.



<https://westkentmind.org.uk/>

DO YOU NEED TO TALK?



116 123



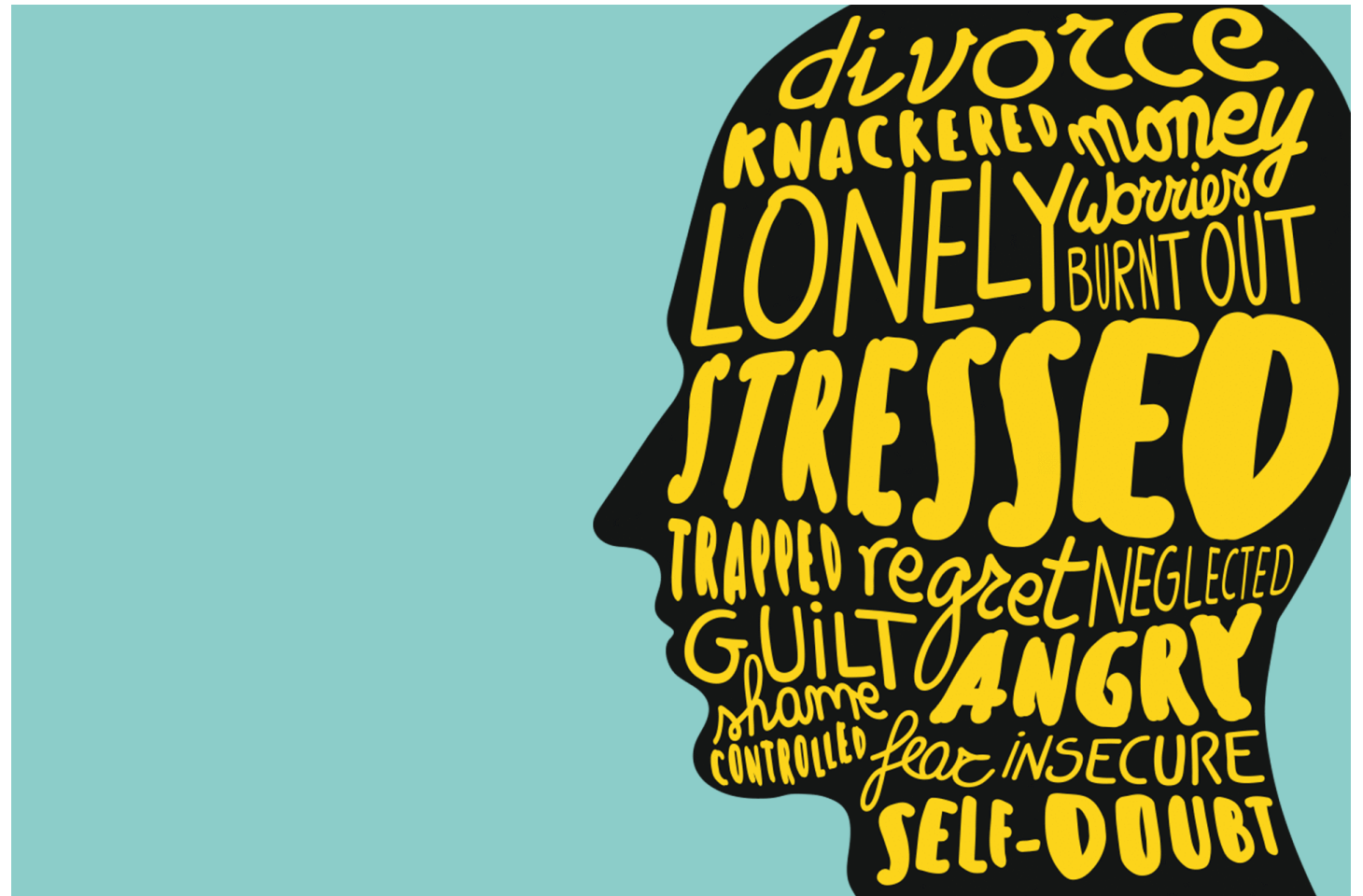
This number is FREE to call

A Samaritan is there for people who need someone to listen.

Anybody. Anytime. Anywhere.

RELEASE THE PRESSURE

- Mental health support
- Life can get really tough sometimes, but talking can help. We have a highly trained and experienced team available 24/7 to provide expert support no matter what you are going through.
- Don't suffer in silence: text the word Kent to 85258 or call the number below
- [tel: 0800 107 0160](tel:08001070160)





**Things can get tough, but we can help you get your life back.
Being silent isn't being strong.**

CAMPAIGN AGAINST LIVING MISERABLY

0800 58 58 58

WEBCHAT-

[HTTPS://WWW.THECALMZONE.NET/HELP/WEBCHAT/](https://www.thecalmzone.net/help/webchat/)

OPEN 5PM - MIDNIGHT 365 DAYS A YEAR

KENT AND MEDWAY NHS & SOCIAL CARE PARTNERSHIP TRUST (KMPT)



Kent and Medway
NHS and Social Care Partnership Trust

- Adults
 - Call the 24 hour helpline on 0300 222 0123 if you need urgent mental health support, advice and guidance.
 - Call 0800 107 0160 to release the pressure if you're feeling stressed. You can also text "Kent" to 85258 for 24 hour mental health crisis support via text from trained volunteers.
- Under 18s
 - Kent - Call the 24 hour Single Point of Access on 0300 123 4496 (select option one, then option three)
 - Medway - Call the 24 hour Single Point of Access on 0300 300 1981
 - <https://www.kmpt.nhs.uk/need-help/>
 - No access to a computer? Call 01322 622222 and ask for the team you need. If you cannot remember your team's name call the 24 hour helpline on 0300 222 0123.

CHILDREN & YOUNG PEOPLE

School and Community Based Services provide counselling and wellbeing activities for Children and Young People in Tunbridge Wells

To access support talk to your GP, children's school or Early Help team



Kent Community Health
NHS Foundation Trust



NHS Foundation Trust

WE COUNSEL CHILDREN AND PROVIDE
PARENT SUPPORT, INTERVENTION AND
TRAINING.

- phone 01892 538288
- email info@fegans.org.uk
- <https://www.fegans.org.uk>



Reachout Youth

(Virtual)

**1-2-1 telephone support
Group telephone support
Weekly support pack**

Tips for managing your wellbeing

**JOIN US FOR A GROUP CALL EVERY
WEDNESDAY & THURSDAY 4-5.30PM**

REACHOUT YOUTH GROUPS OFFER AN INFORMAL, FUN AND CONFIDENTIAL SPACE TO SHARE THINGS NOT USUALLY SHARED WITH FRIENDS OR FAMILY. THE GROUPS BRING YOUNG PEOPLE TOGETHER TO REDUCE STIGMA, SHARE STORIES, DEVELOP COPING STRATEGIES AND MAKE FRIENDS.

DUE TO THE COVID19 PANDEMIC, REACHOUT YOUTH IS ADAPTING ITS SERVICES SO THAT WE CAN CONTINUE TO SUPPORT CLIENTS WITH THEIR EMOTIONAL AND MENTAL WELLBEING, AS NOW MAY BE A TIME WHERE SUPPORT IS NEEDED MORE THAN EVER.

BY JOINING A VIRTUAL REACHOUT YOUTH GROUP, YOU CAN EXPECT TO RECEIVE ACCESS TO:

1. WEEKLY VIRTUAL PEER SUPPORT GROUPS
2. ONE-TO-ONE TELEPHONE SUPPORT
3. WEEKLY SUPPORT PACKS, INCLUDING TIPS FOR MANAGING YOUR WELLBEING

WE ARE ALSO STILL ACCEPTING NEW REFERRALS, SO PLEASE GET IN TOUCH BY CONTACTING ANNA ON 07545 208899.

[HTTPS://WWW.MENTALHEALTHRESOURCE.ORG.UK](https://www.mentalhealthresource.org.uk)

YOUNG MINDS

**I am a...
...parent worried about my child
Speak to our experts at the Parents Helpline - call 0808
802 5544**

WE'RE LEADING THE FIGHT FOR A FUTURE WHERE ALL
YOUNG MINDS ARE SUPPORTED AND EMPOWERED,
WHATEVER THE CHALLENGES

GIVE US A SHOUT

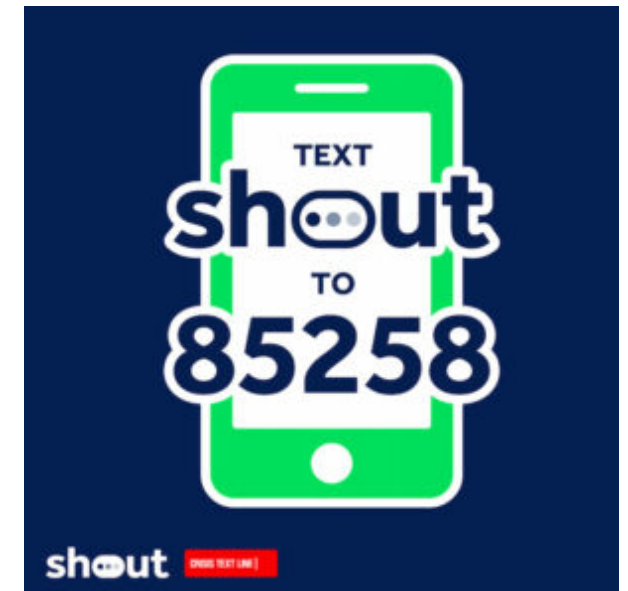
Shout is a 24/7 UK crisis text service available for times when people feel they need immediate support.

By texting 'SHOUT' to '85258' a Texter will be put in touch with a trained Crisis Volunteer (CV) who will chat to them using trained techniques via text. The service is designed to help individuals to think more clearly and to take their next steps to feeling better.

In a crisis?

Anxious? Worried? Stressed?

- Get 24/7 help from our team of Crisis Volunteers
- Text 85258



SAFEGUARDING CONCERNS - WORRIED ABOUT AN ADULT?

- Staff are available 24 hours a day, 7 days a week to talk to you about your worries.
- During the day and in office hours
- Call 03000 41 61 61 (text relay 18001 03000 41 61 61) or email social.services@kent.gov.uk



SAFEGUARDING CONCERNS - WORRIED ABOUT A CHILD?



Concerned about a
child?



Call 03000 41 11 11 (text relay
18001 03000 41 11 11) or
email:
social.services@kent.gov.uk