



SW Kent Mental Health Directory

<p>Live it well website for Kent and Medway: www.liveitwell.org.uk</p>	<p>A useful and easy to use website that has been designed to provide lots of links to mental health support available in the area in which you live. It offers information on ways to maintain your wellbeing, events and groups going on in your area, accessing mental health and employment services.</p>	
<p>Mental Health Matters 24 Hour Telephone Number 0800 107 0160</p>	<p>This helpline gives you access to a team of highly trained and experienced support workers who use counselling skills to provide you with emotional support, guidance and information. Available 24/7 it is an invaluable resource available to every member of the community throughout Kent.</p>	
<p>Assert 2a Grosvenor Park, Tunbridge Wells Kent TN1 2BD Tel: 01892 554722 Email: assertteam@twmhr.org.uk www.twmhr.org.uk</p>	<p>Advocates help you to express your own views and needs to the people who make decisions about your life. Advocates meet you in a convenient place and represent your views on issues such as housing, benefits, family legal and accessing services. They do not give advice.</p>	<ul style="list-style-type: none"> ✓ Self referral ✓ Professional Referral
<p>Carers FIRST 3 Canterbury Street Gillingham, Kent, ME7 5TP Tel: 01634 577340 Email: info@carersfirst.org.uk www.carersfirst.org.uk</p>	<p>A charity which gives help to all carers through access to information, discussion, one-to-one support, group activities and flexible short breaks (Respite). It also has a dedicated team who support carers and their cared for who have additional mental health needs.</p>	<ul style="list-style-type: none"> ✓ Self referral ✓ Professional Referral
<p>Citizens Advice Bureau 31 Monson Road Tunbridge Wells, Kent, TN1 1LS Telephone: Advice 01892 533 880 Answerphone service only 01892 617256 Email: advice@twcab.cabnet.org.uk www.twcab.org.uk</p>	<p>A national service that offers practical up-to-date information and advice on a wide range of topics including: debt, benefits, housing, legal, discrimination, employment and other problems.</p>	<ul style="list-style-type: none"> ✓ Self referral
<p>Community Mental Health Crisis Team Pagoda CMHC Hermitage Lane, Maidstone, ME16 9PD Tel: 01622 725000 www.kmpt.nhs.uk</p>	<p>Your first point of contact should be with your GP but alternatively in a crisis, the team offer a 24 hour 365 days service with home assessment and treatment. It acts as an alternative to hospital admission, but also as a gateway to inpatient care should that be necessary.</p>	<ul style="list-style-type: none"> ✓ GP referral
<p>Community Mental Health Team Highlands House 10-12 Calverley Park Gardens Tunbridge Wells, TN1 2JN Tel: 01892 709211 www.kmpt.nhs.uk</p>	<p>You will be seen by a staff member who will assess your needs and arrange a later appointment should this be appropriate. The teams support people who have mental health needs over a longer term, with the aim of returning to health and improve your quality of life through specific recovery work.</p>	<ul style="list-style-type: none"> ✓ GP referral ✓ Self referral
<p>Lookahead - Floating Support County Hall Maidstone, ME14 1XQ Tel: 01622 694953 Email: supportingpeople@kent.gov.uk www.kent.gov.uk</p>	<p>A service that is provided free for people in all types of tenancies who need housing related advice and support. The aim is to help those in difficulties remain independent and sort out the problems they are having with regard to their housing.</p>	<ul style="list-style-type: none"> ✓ Apply direct
<p>Food Bank A Project by The Trussell Trust www.trusselltrust.org</p>	<p>A service that is provided for people in crisis who need food. It is arranged by a GP, social worker, CAB or a care professional, who issue a voucher which can be taken to a Food Bank location, where it can be exchanged for an emergency food box.</p>	<ul style="list-style-type: none"> ✓ GP referral ✓ Other health professionals
<p>Kent Supported Employment 30 Gibson Drive West Malling, Kent, ME19 4QG Tel: 01732 525006 24 hour helpline: 0800 107 0160</p>	<p>An experienced mental health employment service that offers 1:1 support for people experiencing mental ill health in a flexible and innovative way. Individuals can be seen in a variety of settings and locations, all support is tailored to the individual.</p>	<ul style="list-style-type: none"> ✓ Professional Referral ✓ GP referral
<p>Live it Well Centre(Tonbridge) 1 East Street Tonbridge, Kent, TN9 1HP Tel: 01732 357751 www.liveitwell.org.uk email: liveitwell@shaw-trust.org.uk</p>	<p>The Live it Well centre is a hub for local mental health services The centre operates as a partnership between The Shaw Trust, Winfield, Kent Supported Employment, SAM, MHR and KMPT. Under the one umbrella, each organisation has its own specific role in training, supporting and working with people to retain their employment or as they progress towards paid work.</p>	<ul style="list-style-type: none"> ✓ Self referral ✓ Professional Referral ✓ GP referral

<p>MHR 2a Grosvenor Park Tunbridge Wells, Kent, TN1 2BD Telephone: 01892 615 552 www.twmhr.org.uk</p>	<p>The Hub offers a range of activities and workshops are undertaken e.g. art; cookery; writing; photography; pottery; and social activities. A counselling service is also available.</p>	<p>✓ Self referral</p>
<p>Patient Advice & Liaison Service Tunbridge Wells Hospital Tel: 01892 632953</p>	<p>PALS offers support, information and assistance to patients, relatives and visitors. Office located at Tunbridge Wells</p>	
<p>Psychological Therapy Team (IAPT) Spa House, 18 Upper Grosvenor Road Tunbridge Wells, TN1 2EP Tel: 01892 524996 24 Hour answerphone: 0800 2799 500</p>	<p>The team will offer a range of services aimed at helping you to reduce stress and overcoming issues, with the help of a therapist in a welcoming and relaxed setting. It can also offer a range of courses designed to help you understand and manage the problems in your life.</p>	<p>✓ GP referral ✓ Self referral</p>
<p>Reachout 2a Grosvenor Park, Tunbridge Wells Kent TN1 2BD Tel: 01892 676285 Mob: 07989 219185 Email: tarag@twmhr.org.uk www.twmhr.org.uk</p>	<p>Groups offer confidential self-help support in a caring and non-judgemental environment. You can make friends; share personal experiences; and express opinions about treatment and care in a confidential setting and feedback anonymously to help improve services. There are opportunities to become more involved by attending consultation group meetings in Cranbrook, Edenbridge, Hawkhurst, Sevenoaks, Tonbridge and Tunbridge Wells.</p>	<p>✓ Self referral</p>
<p>Rethink SW Kent Support Group Group Co-ordinator: Carole Wright Tel: 01732 452143</p>	<p>A voluntary support group that meets at The Vine Baptist Church in Sevenoaks on a monthly basis. It is an opportunity to meet for mutual support and information often with a visiting speaker. They also arrange social events.</p>	<p>✓ Apply direct</p>
<p>Samaritans 7 Lime Hill Road Tunbridge Wells TN1 1LJ Tel: 01892 532323 24 hour tel: 08457 90 90 90 www.samaritans.org/twells</p>	<p>Samaritans provide confidential non-judgemental emotional support 24 hours a day for people who are experiencing feelings of distress or despair. They offer their services by telephone, email, letter and face-to-face engagement in most branches.</p>	<p>✓ Self referral</p>
<p>Sevenoaks Area Mind 34 St John's Road Sevenoaks, TN13 3LW Tel: 01732 744950 www.sevenoaksareamind.org.uk</p>	<p>The Centre runs a large range of activities and groups focused on supporting people with different mental health problems. It provides an opportunity to make new friends, rebuild skills and access professional support. They also offer services and groups in Tonbridge at St Mary's Rd.</p>	<p>✓ Self referral ✓ Professional Referral</p>
<p>Shaw Trust 1 East Street Tonbridge, TN9 1HP Tel: 01732 358529 www.shaw-trust.org.uk</p>	<p>Shaw Trust Tonbridge Employment Service. We support adults experiencing mental ill health to progress towards and into paid employment. Our employment advisors provide support to both employees and employers to enable a smooth return back to work. Making it a successful and sustainable return to work.</p>	<p>✓ Self referral ✓ Professional Referral</p>
<p>Tonbridge Leisure Pass Tel: 01732 876029 Email: leisurecentres@tmhc.gov.uk www.tmbc.gov.uk</p>	<p>A free pass that entitles you to discounts on a range of leisure activities provided by Tonbridge & Malling Council. Provided for people on low incomes.</p>	<p>✓ Apply direct</p>
<p>Tunbridge Wells Sports Centre St John's Road Tunbridge Wells, TN4 9TX Tel: 01892 540744 www2.tunbridgewells.gov.uk</p>	<p>Go! Card Membership. Provided free and valid for 12 months for people on low income. It entitles you to concessionary rates on activities at various Centres in the Borough and Theatre seats (when offered).</p>	<p>✓ Apply direct</p>
<p>Voluntary Action Within Kent 17-19 Monson Road Tunbridge Wells, TN1 1LS Tel: 01892 530330 www.vawk.org.uk</p>	<p>You can join a group as a volunteer and match your interests with those of organisations and people in the community who need help. It's a way of gaining work experience and an attainment for your CV.</p>	<p>✓ Apply direct</p>
<p>Winfield 8 Culverden Park Rd Tunbridge Wells, Kent TN4 9QX Tel: 01892 519589 lynnewinfield@aol.com www.winfieldcomputing.org.uk</p>	<p>Improve your skills and employability. Winfield offer professional IT training in a highly supportive nurturing environment. Improve your confidence and knowledge, and get nationally recognised qualifications. Small classes, tuition to suit the individual. We are based in Tonbridge and Tunbridge Wells. Winfield's aims are to boost your self-esteem, confidence and well-being - and enhance your CV at the same time</p>	<p>✓ GP Referral ✓ Professional Referral</p>