



Swale Mental Health Directory

Rethink –SURF (Swale Service User Representative Forum

Freda Padgett

Swale User Forum Co-ordinator

Area address - 4-5 High Street
Gravesend DA11 0BQ

Mobile: 07976 123906

Office: 01474 330282

freda.padgett@rethink.org

Tuesdays, Wednesdays & Thursdays

Website: www.rethink.org

Mental health service users are experts by experience. The forum actively supports and encourages service users to become involved, have a voice, and share their experience with service providers This helps to shape Mental Health Services for the future.

Forums are held regularly across Swale and offer support, information, and confidentiality.

Rethink actively works to reduce stigma and discrimination in Mental Health - Challenging attitudes – Changing Lives

✓ Self referral

Together (For Mental Wellbeing)

Sheppey Your Way – Informal Community Day Services

Sandra Bray Project Co-Ordinator

07740488576

sandra-bray@together-uk.org

Tracey Tattum Community Support Worker

07889067928

tracey-tattum@together-uk.org

Jenny Gibson Community Support Worker

07850601939

jenny-gibson@together-uk.org

Non building community based day service and offers flexible mental health support. Service users are invited to join Sheppey Your Way and engage in a range of wellbeing activities within the local community. These include Gym and Swim Membership, Art, Pottery, Card Making, Eat Well and much more.

There are informal drop in sessions throughout the week (please refer to current activity schedule for more details) Smoking Cessation is available from all team members upon request. We can support you individually or as a group. All service users are allocated a Key worker.

✓ Self referral

Together (For Mental Wellbeing)

Sittingbourne Your Way – Informal Community Day Services

Tel. 07545926603

Email jane-gregory@together-uk.org

Text: filmer and your message to 82727

An Informal day service offering emotional, educational, social and vocational support for those living in the community with mental health issues.

We provide a variety of activities to assist the individual to build self-confidence, self-esteem and regain their place in the wider community

✓ Self referral

✓ Professional referral

Medway and Swale Advocacy Partnerships

Lingley House, Commissioners Road
Strood

Kent ME2 4EE

Tel: 01634 713739

Email: medwayswale@btconnect.com

Speaking up alongside people affected by mental ill health enabling them to have their voices heard, rights respected, interests represented and they receive the services to which they are entitled

✓ Self referral

Skillnet Group

Michelle Huggins on:

michelle.huggins@skillnetgroup.co.uk

Louise Allen

louise.allen@skillnetgroup.co.uk

Please look at our website for more information

www.skillnetgroup.co.uk

Promote strong, inclusive communities and campaign and promote human rights. Support people to have as good a life as anyone else. Develop projects to enable people to move into work and become more independent. Develop courses and provide training and support to other groups and organisations.

✓ Self referral

Shaw Trust

Swale & Faversham Employment Service

Michael Foster 07974 029357

Email: Michael.foster@shaw-trust.org.uk

Website: www.shaw-trust.org.uk

We support individuals to gain and retain quality and sustainable employment. We are able to offer support and guidance with any work based issues that an individual may encounter. We run interview training sessions, job coaching, Job Action Groups and can offer support at interviews in a service that is tailored to meet the client needs.

✓ Professional referral only

Skills Plus

Unit 20

The Forum

Sittingbourne

Kent ME9 3DL

English, Maths and basic computer courses. We work with students to improve their skills and gain confidence for work and life.

✓ Self referral

✓ Professional referral

**KCA PTP
Psychological Support at Primary Care
Level**

4 Park Road, Sittingbourne
Kent, ME 10 1DR
Tel: 01795 439486

We are the point of access for primary care mental health support. We offer support for common difficulties such as depression, stress and anxiety and can offer up to 6 short sessions, usually over the phone or in groups. We assess everyone who contacts or is put in touch with our service, and step them up to therapy with the KMPT if this is the appropriate service for them, or signpost the client for their best way forwards.

- ✓ Self referral
- ✓ Professional referral

Mental Health Matters

24 Hour Telephone Number
0800 107 0160

Website:
www.mentalhealthmatters.com
Online support can also be accessed via the live it well website
www.liveitwell.org.uk

The Helpline and time-online 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. Its available 24 hours a day 7 days a week and is an invaluable resource available to every member of the community throughout Kent.

- ✓ Self referral
- ✓ Professional referral

Faces Of Kent

Family Carer Support

0300 7777 247 (Freephone number for Carers)
01795 583440 (mainline)
admin@facesofkent.org.uk
Claire.Saunders@facesofkent.org.uk
www.facesofkent.org.uk

Promoting, supporting and empowering unpaid family Carers from the age of 5 upwards who are caring for a family that may have a mental health problem.

Our services include:

Mindset – Supporting Carers of people with mental health problems.

Carers Health Promotion – promoting healthy lifestyles and general wellbeing for Carers and raising awareness amongst health professionals of the vital role Carers have.

- ✓ Self referral
- ✓ Professional referral

Samaritans

08457 90 90 90

Website: **www.samaritans.org.uk**

Samaritans provides confidential non-judgmental emotional support, 24 hours a day for people who are experiencing feelings of distress or despair. We offer our service by telephone, email, letter and face to face in most of our branches.

- ✓ Self referral

Citizens Advice Bureau

17 Station Street, Sittingbourne
4 Hope Street, Sheerness
0844 499 4124

www.cabinswale.org.uk

General Drop in/ Telephone:

Mon – Fri 10am till 2pm

Specialist Advice by Appointment:

Mon – Fri 9am till 5pm

The Citizens Advice Bureau in Swale serves Faversham, Sheppey, Sittingbourne and the surrounding villages in the borough of Swale on the north coast of Kent, UK. A confidential, impartial, free and independent service. The service ensures individuals do not suffer from lack of knowledge of their rights and responsibilities; or of the services available to them, or through an inability to express their needs effectively.

- ✓ Self referral

Sittingbourne Your Way

Contact Numbers - Jane 07545926603
,Tracey 07515919865,
Donna 07515099191

**GYM & SWIM ARE AVAILABLE AT SWALLOWS LEISURE CENTRE
MON-SUNDAY FROM 9-4**

KEY *SHORT COURSES ** FORTNIGHTLY GROUPS

*****MONTHLY GROUPS**

- ✓ Self referral

Rethink Asian Mental health helpline

Confidential Freephone:

0808 800 2073

Operating Hours:

Monday & Wednesday 4pm – 7pm

Tuesday & Thursday 12pm – 3pm

(Including bank holidays)

Email: **Asianline@rethink.org**

Rethink has an Asian mental health helpline which is free and confidential. It offers caring, non-judgemental, empathetic support and encourages callers to cope with their issues in a positive way. Volunteers on the helpline speak English and at least one of the Asian languages.

- ✓ Self referral
- ✓ Professional referral



Website: **www.liveitwell.org.uk**

Kent and Medway 'Live it Well' Website.

This website has been developed to help you maintain your wellbeing and link you in to what is available to support you locally.

As well as ideas that can help everyone stay well, it has information for people who use mental health services, carers and professionals

- ✓ Self referral