

Ashford Mental Health Action Group

Standard Provider Services

Further information can be found on the Live it Well website: www.liveitwell.org.uk

ASHFORD LIVE IT WELL CENTRE

Phone : 01233 625371

email : s.goswell@mcch.co.uk

web : <http://www.liveitwell.org.uk/your-community/live-it-well-centers/ashford-live-it-well-centre/>

Address: Live It Well Centre, Gore Hill, Canterbury Road, Ashford TN24 8QF

The Ashford Live It Well Centre is a multi-agency hub providing mental health services and support to people living in Ashford and the surrounding areas.

mcch, KCA, Shaw Trust, CRI and the CMHT all operate within the Live It Well centre, providing services that optimise health and wellbeing for people accessing primary and secondary care services all in one location. The Ashford Live It Well Centre is a 'one stop shop' for people with mental health needs and their carers.

CARER'S SUPPORT ASHFORD

Phone : 01233 664393

email : admin@carers-ashford.org.uk

web : www.carers-ashford.org.uk

Address: Carers Support, Norman House, Beaver Business Park, Beaver Road, Ashford, Kent, TN23 7SH

Carers Support offer information, advocacy, emotional and practical support as well as drop in groups and the Kent Carers Emergency Card. They understand that carers often experience a sense of isolation, stress, guilt and anger and our staff are available to help either over the telephone or face to face.

They offer a range of support that includes:

- Meet & Talk Groups
- Drop-In Points
- Information Desks
- 1-2-1 Support
- Telephone Support
- Well-Being Check
- Carers Assessments
- Respite Opportunities
- Advocacy
- Training and Education

INSIGHT HEALTHCARE TALKING THERAPIES

Phone : 0300 555 5555

email : Kent@insighthealthcare.org

web : www.insighthealthcare.org

Provider of primary care psychology therapies – going the extra mile to improve the mental health and emotional wellbeing of the people we serve.

Insight Healthcare provide psychology therapies for people suffering from mild to moderate anxiety, depression, anger, trauma, bereavement and other common mental health difficulties. It is a *confidential*, free to use service, funded by the NHS for anyone 18 and over living in Kent or Medway.

We welcome self-referrals, or you can be referred by your GP.

(you will need to be registered with a GP Surgery either in Kent or Medway.)

KCA MENTAL HEALTH SERVICES: ALISON MARSH, SERVICE MANAGER

Phone : 01233 639383 /0300 012 0012

email : kca.ashford@nhs.net

web : www.kcamentalhealthservices.org.uk

Address: 171 Beaver Road, Ashford, Kent TN23 7SG

KCA provide counselling and support for common mental health problems; anxiety, low mood, low self-esteem, stress, trauma, phobias and anger, as well as problems with regards to relationships, work or debt.

AQP IAPT provider with no waiting lists. Talking therapy services at step 2 and step 3 available either face to face or telephone sessions across Ashford, Tenterden and surrounding villages in a range of community settings. Self, GP or other agency referrals will be accepted. Opening hours are Monday, Tuesday, Wednesday 9am – 8pm and Thursday and Friday 9am – 5pm

Ashford's Moving to Recovery is currently 55.7% which exceeds the national average of 45%.

mcch PATHWAYS TO WELLBEING

Phone : 0800 028 28 15.

email : s.goswell@mcch.co.uk

web : <http://www.liveitwell.org.uk/recovery-resource/mcch-pathways-to-wellbeing/>

Address: Live It Well Centre, Gore Hill, Canterbury Road, Ashford TN24 8QF

mcch Pathways to Wellbeing have separate services in Kent supporting people with mental health needs, to improve their mental wellbeing. These services are based in Ashford, Dover and Deal.

They can support you to:

- join in community activities
- take control of your life
- achieve a sense of belonging by meeting others who have experienced issues similar to your own

- deal with your stress in a positive way
- budget your finances
- have a say in developing a service which truly meets your needs

To refer to this service speak to your Community Mental Health Team or your GP. Alternatively contact them directly.

SPEAKUP CIC: DAVID ROWDEN

Phone : 01843 609 359

email : admin@speakupcic.co.uk

web : www.speakupcic.co.uk

Address: The Media Centre, 11-13 Kings Street, Margate, CT9 1DD

Speakup CIC gives a voice to Mental Health Service Users, they help them become involved in shaping services offered and aid their recovery. Forums providing people with mental health needs support, information and a means to have a say in the shaping and running of local mental health services. They also run lots of local support groups.

Covering Ashford, Deal, Dover, and Thanet.

YOUNG HEALTHY MINDS

Phone : 01233 614753

email : admin@kcfh.co.uk

web : <http://www.kcfh.co.uk/Children%20and%20Families/YoungHealthyMinds>

Young Healthy Minds work directly with children and young people and with the organisations that are also working with them. Young Healthy Minds is for children and young people with issues which may include:

Anxiety/phobias, Low mood, Behavioural difficulties as a result of emotional needs, Low self-esteem, Relationship/ social interaction issues, Loss/ attachment/ bereavement issues

These can be caused by:

Bullying, Death or critical illness in family, Domestic abuse (direct or witness), Family break up/ dysfunction, Sibling conflict, Poor home environment, Parenting capacity, Learning difficulties/ additional needs, Transitions

Access to the service is predominantly through the Common Assessment Framework process. Young Healthy Minds considers referrals through this process across the whole of Kent.