

DARTFORD, GRAVESHAM & SWANLEY MENTAL HEALTH ACTION GROUP

SERVICE INFORMATION

KMPT PRIMARY CARE PSYCHOLOGICAL THERAPIES DARTFORD

Phone : 0800 2799 500

Web : <http://www.kmpt.nhs.uk/pcpts>

KMPT Primary Care Psychological Therapies Dartford 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.

DARTFORD, GRAVESHAM AND SWANLEY MIND

Phone : 01322 291380

Email : admin@dgsmind.co.uk.

Web : www.dgsmind.co.uk

Address: The Almshouses, 18 West Hill, Dartford, DA1 2EP

DGS MIND provide a wide range of services for people who experience mental health problems, whether these are described as anxiety, depression, bipolar, schizophrenia, OCD (Obsessive Compulsive Disorder), Personality Disorder, or otherwise. They also provide supportive services for people who are the carers of those who experience these problems. They work with people individually or in small or large groups.

INSIGHT HEALTHCARE

Phone : 0300 555 5555

Email : Kent@insighthealthcare.org.

Web : www.insighthealthcare.org

Insight Healthcare 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.

CXK (formerly Connexions Kent & Medway)

Phone : 01795 439397

Email : info@cxk.org

Web : <http://cxk.org>

CXK delivers a range of services across Kent to support young people and families to maximise their potential. In particular by providing them with advice, guidance, skills and the confidence that will help them to progress into education, employment and training.

COMBAT STRESS

Phone : 01372 587000 24 Hour Helpline 0800 1381619

Email : combat.stress@rethink.org

Web : www.combatstress.org.uk

Combat Stress is helping more than 5,400 UK Veterans get their lives back. If you are suffering mental ill-health caused by military service, combat stress may be able to help you too. It doesn't matter how young or old you are, or where you Served – Combat Stress may be able to help. And although they are called Combat Stress, you don't have to have been in combat to use our services. As long as you are an ex-Service man or women, they are here for you.

And if you are the loved one or carer of an ex-Service man or woman, you can get in touch too.

People react to traumatic experiences in different ways, go to <http://www.liveitwell.org.uk/support-and-help/post-traumatic-stress-disorder/> for more information.

CARERS FIRST

Phone : 0300 303 1555

Email : info@carersfirst.org.uk

Web : www.carersfirst.org.uk

Address : Carers FIRST in Kent & Medway, 3 Canterbury Street, Gillingham, Kent, ME7 5TP

Carers FIRST in Kent & Medway offer advice information and guidance to Carers of adults and children who, through ill health, frailty, disability, mental health issues or substance misuse are unable to manage without support. Some carers will live with the person they care for, others may not.

In West Kent, they support Adult Carers of adults and additionally we have a Young Adult Carer worker who supports Young Carers through the transition to adulthood from the age of 16 to 24. We provide limited support to parents of children with disabilities.

In Medway we support Carers, both Young Carers and adult from the age of 5 to 105.

They provide emotional and practical support, advice, information, guidance and offer access to statutory carers assessments, training, events, social groups, short breaks, activities, trips and more.

KENT YOUNG CARERS

Phone : 0300 111 1110

Email : info@kentyoungcarers.org.uk

Web : www.kentyoungcarers.org.uk

Are you a young person in Kent who is caring for someone. Kent Young Carers support, help and advice for all young carers in Kent.

Kent Young Carers Hub gives you access information, advice and guidance. Chill Clubs are KYC clubs for young carers which run in every district on a regular basis. Young carers will also be invited to fun trips and events during the year.

KYC Hub is there between 9-5 to talk about young carers' needs and can provide information, advice and signposting.

KENT HEALTH TRAINERS

Phone : 0800 849 4000

Email : kcht.healthtrainers@nhs.net

Address : Health Trainer Service, Trinity House, 110-120 Upper Pemberton, Eureka Business Park, Ashford, Kent, TN25 4AZ.

Health Trainers offer free, confidential one-to-one support, to help patients make positive lifestyle changes. They work in the most deprived areas of Kent to reduce health inequalities. They offer up to six free sessions of support, encouragement and practical assistance in local venues. They work with you to establish what changes you wish to make, to develop a personalised behaviour change plan and to provide support and encouragement to enable you to achieve your goals.

You can contact the service direct using the information given above or you can be referred by a GP or healthcare professional.

CAMHS – CHILD AND ADOLESCENT MENTAL HEALTH SERVICES

Phone : 01622 356930 West hub (including North-West)

Web : <http://www.sussexpartnership.nhs.uk/gps/national-services/kent>

CAMHS is the out-patient service for Child and Adolescent Mental Health Services (CAMHS), they offer specialist mental health services to children and young people (up to age 17) and their families.

Growing up can be stressful at times. Feeling sad, lonely, worried, angry, frightened or feeling that nobody understands you are common feelings. CAMHS helps children and young people when they find it hard to cope with their feelings or thoughts, or find it hard to manage their behaviour.

CAMHS provide specialist care and support to young people under the age of 18 suffering from emotional, behavioural or mental health problems. In Kent CAMHS is delivered by Sussex NHS

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.

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. You can find out how to initiate a CAF by accessing the Kent website.

DARTFORD COMMUNITY MENTAL HEALTH TEAM

Phone : 01322 622230

Web : www.kmpt.nhs.uk

Address : Arndale House, 18-20 Spital Street, Dartford, DA1 2DL.

Dartford Community Mental Health Team (CMHT) provides services to people living in the community aged between 16 and 65 who are experiencing mental health problems.

- Referrals to the CMHTs are usually made directly through a GP
- The intake element of a CMHT acts as a single point of access for all referrals to mental health services that we provide.

- If you are referred to a team they will assess you, signpost and offer short-term treatment as close as possible to your home

ROYAL BRITISH LEGION INDUSTRIES (RBLI)

Phone : 01622 795954/795900

Email : enquiries@rbli.co.uk

Web : www.rbli.co.uk

Address : RBLI, Hall Rd, Aylesford, Nr. Maidstone, ME20 7NL

Royal British Legion Industries provides a work programme designed to:

- CV Building
- Interview Preparation
- Job Searching and Application
- Confidence building

They also provide welfare, healthcare and housing services for veterans and ex armed services personnel and their families. Extensive support including residential nursing, supported accommodation and rehabilitation

INVICTA ADVOCACY

Phone : 01322 637291

Email : imca@invicta-advocacy-network.org.uk

Web : www.invicta-advocacy-network.org.uk

Invicta Advocacy provide Independent Mental Health Advocates (IMHA) who will help you to obtain information about your detention, help you understand your rights and how you can exercise them.

They provide:

- **Community Mental Health Advocacy**
- **Dementia Advocacy**
- **Independent Mental Health Advocacy (IMHA)**
- **Sahara Forum** for members of the BME community in DGS who wish to meet other community members for support and empowerment.
- **Heart of the Matter** a service user group with the aim of working together to improve and inform mental health services in the DGS area.

J&S Opening Doors CIC

Phone : 07963 480490/07736518278

Email : jandsopeningdoors@gmail.com

Web : <http://www.jandsopeningdoorscic.co.uk>

J & S Opening Doors offers an individualised service that will equip vulnerable adults who face challenges in their lives. Land-based projects will be a vehicle to acquire the tools, skills and confidence people are likely to need to improve their life chances. They will be supported in achieving their aspirations and goals, which will increase their chances of entering the world of work.

- We will assist others to recognise and overcome their barriers to moving forward and achieving their potential.

- We begin with the belief that employment is possible for all and that it is realistic for all to dream of other futures. It is our role to support people on their particular journey towards achieving their goals.

LIVE IT WELL

Email : info@liveitwell.org.uk

Web : www.liveitwell.org.uk

The Live It Well Website has a range of information and advice all designed to support your mental health and wellbeing. Find out about the Six Ways to Wellbeing and what people in Kent are doing to support their wellbeing.

We have a unique database of local support and help that is available in your community. We have listings for all of the NHS Talking therapy providers in Kent.

SANCTUARY SUPPORTED LIVING

Phone : 01905 335730

email : kentfs@sanctuary-housing.co.uk

web : www.sanctuary-housing.co.uk

Address: Sanctuary Supported Living, Council Offices, Military Road, Canterbury, Kent CT1 1YW

Sanctuary Supported Living offer housing related floating support, which is a free service, funded by Commissioned Services at Kent County Council and the support can last up to 1 year. The service is available to anyone aged 16 and over in Kent who has a housing related issue and is: Homeless, a council or private tenant, staying with friends or family or a homeowner.

They operate across Kent can help clients to:

- . find somewhere to live
- . sustain tenancies
- . maximise income
- . manage bills and debts
- . find education/employment/training
- . develop independent living skills
- . Eight units of supported accommodation in Maidstone.

WINFIELD DARTFORD

Phone : 01322 287373

Email : winfield.dartford@unitedresponse.org.uk

Web : www.winfieldcomputing.org.uk

Address : Live it Well, Unit 2, Twisleton Court, West Hill, Dartford DA1 2EN

Winfield offers individual training in computer skills and training in a small group environment. All coursework has been written and designed by our staff based on 15 years of delivering training and qualifications for people within mental health services. We believe these skills are vital to modern living. The courses are accessed via a referral from Mental health professionals, GP's and the Vocational advisor based at Arndale House. Adults can gain Level One and Two IT qualifications, though for many who attend, it is the ability to develop weekly routines and connect with others in the community that is vital for general wellbeing.

MENTAL HEALTH MATTERS

Phone : 0800 107 0160 low cost mobile number **0300 330 5486**

Web : www.mentalhealthmatters.com

24/7 Telephone Helpline consists of a team of highly trained and experienced support workers who use counselling skills to provide you with emotional guidance and information.

You might choose to call us if:

- You may be feeling low, anxious or stressed and feel talking to another person might help you cope
- You may be in extreme emotional distress and feel that there is nowhere else to turn
- You may be caring for another person and finding it difficult to cope.

Contacting the Helpline can give you a feeling of relief, wellbeing and peace of mind. You won't be judged and our service is confidential unless we consider that there is a risk to yourself or others.

MCCH - EMPLOYMENT SUPPORT DARTFORD AND GRAVESEND

Phone : 01322 293276 (Dartford) or 01474 321166 (Gravesend)

Web : www.mcch.org.uk

Email : endeavour@mcch.org.uk (Dartford) eandvgravesend@mcch.org.uk (Gravesend)

**Address : MCCH Dartford, Unit 2, Twisleton Court, Priory Hill, Dartford, Kent. DA1 2EN
: MCCH Gravesend, Suite 1 The Courtyard, 7a Manor Rd, Gravesend, Kent. DA12 1AA**

MCCH Employment Support provides help and assistance to individuals experiencing mental health problems to find work, or training, education and volunteering opportunities as a route back to work. This includes; job search, CV and application writing, interview skills and support to attend selections. Additionally we support individuals with mental health issues who may require help to retain their current job or work role, including advocacy and mediation with employers.