

Medway Mental Health Action Group **Members Services**

KMPT Primary Care Psychological Therapies Medway:

Phone : 01634 841524

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

KMPT Primary Care Psychological Therapies Medway 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. Accept self-referrals.

KCA Psychological Therapy Medway:

Address: 248a High Street, Chatham, Kent ME4 4AN

Phone : 01634 406087

Email : MedwayPTP@kca.org.uk

Web : www.kcamentalhealthservices.org.uk

Opening hours are Monday – Friday 9am – 5pm, Referral by GP or self referrals.

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.

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.

LIVE IT WELL

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 information on money and benefits, debt help and advice, mental health services and how to get help in Kent and Medway. 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, so if you are struggling find out how you can refer yourself into services here.

- Gives advice and links to other services
- Local focus website, with links to social activities, physical health and things to do in Kent and Medway
- Hosts the Live It Library – mental health recovery stories
- Offers support pages, live online support and local information
- Information on how the community mental health teams work and the mental health system in Kent and Medway
- Supports the Six Ways to Wellbeing and has local suggestions to support these – Connect, Be Active, Keep Learning, Take Notice, Give, and Planet – Care
- Employment , money and debt advice
- Information about personal budgets and self direct support
- Information on carers groups and service user networks
- Information on PTSD
- Information on housing help and support

MEDWAY COMMUNITY MENTAL HEALTH TEAM

Address : Canada House, Barnsole Road, Gillingham, Kent, ME7 4JL.

Phone : 01634 583020

Web : www.kmpt.nhs.uk/Medway.htm

Medway 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

HOME START MEDWAY

Address : 46 Green Street, Gillingham, ME7 1XA.

Phone : 01634 570717

Email : info@home-startmedway.org.uk

Web : <http://www.home-startmedway.org.uk>

The Home-Start volunteers are all parents themselves, and offer friendship, support and strategies to help families establish good bedtime routines, manage challenging behaviour, and even finances. They also help families with more complex needs including mental health, child protection or domestic violence issues. They work with the family over a number of weeks providing confidential friendly support to help families grow in confidence,

strengthen their relationships with their children and widen their links with the local community.

- Provide support for parents
- Support and Friendship for families

SUNLIGHT DEVELOPMENT TRUST

Address : 105 Richmond Road, Gillingham, ME7 1LX.

Phone : **01634 338600**

Email : info@sunlighttrust.org.uk. **Web:** www.sunlighttrust.org.uk

A community owned and managed charitable organisation that works with partners across all sectors. They combine a mix of services aimed at everyone within the community; nobody is excluded. The overriding aim is to improve health inequity and well-being by providing an improved range of social, medical and community activities and can help you with a healthier lifestyle with their Health Trainers. Alzheimer's or Dementia support that includes the following:

- A regular programme of weekly and monthly activities such as 'sing-along' and 'tai-chi', outings and events
- Monthly 'caring for carers' support groups and coffee mornings
- Regular contact with and support calls to those in contact with the service
- Home visits to assist with the completion of welfare benefit forms, relevant entitlements and services
- Support to access other information relevant to Alzheimer's and Dementia and the caring role
- A quarterly newsletter
- Onward referral and signposting as appropriate to the individual's needs and circumstances.

MEDWAY AND SWALE ADVOCACY PARTNERSHIP

Address : Ground Floor, Langley House, Commissioners Road, Rochester, ME2 4EE

Phone : **01634713739**

Email : medway.swale.msap@gmail.com

Web : www.msap.org.uk

Medway and Swale Advocacy Partnership 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. We can meet with you in confidence and support you in relation to the following:

- Attend tribunals and hospital managers' appeals with you
- Attend CPA meetings with you
- Attend mental health assessments with you

- Attend consultant meetings with you
- Speak up on your behalf and represent you when required
- Support you in exploring options, making informed decisions and engaging in the development of care plans
- Support you in other ways to ensure that you can participate in decisions that are made about your care and treatment
- Having an IMHA does not affect your right to get advice from a solicitor

MEGAN CIC

Address : 5A New Rd Ave, Chatham ME4 6BB

Phone : **01634 402077**

Email : enquiries@megancic.org.uk

Web : <http://www.megancic.org.uk>

- Provide opportunities for mental health service users, past and present, to share their views and experiences of mental health issues and services and participate in local service planning and development.
- Offer peer support through group attendance.
- Raise awareness of mental health and wellbeing and combat stigma and discrimination.
- Support people with mental health issues in their recovery.

CARERS FIRST

Address : 3 Canterbury Street Gillingham, Medway, Kent ME7 5TP

Phone : **0300 303 1555**

Email : info@carersfirst.org.uk

Web : www.carersfirst.org.uk

Carers have different needs and centres can assist you in information regarding health issues, entitlements, mobility, grants for holidays, equipment and support.

Our Services:

- Information, advice and guidance
- One to one support
- Access to statutory carers assessments where eligible Access to 'something for me' fund following a statutory carers assessment and where eligible.
- Kent Carers Emergency Card
- Social activities, trips and events
- Support groups
- Financial and benefits advice
- Carer surgeries in various venues including Gateways, community centres and GPs practices.
- Access to short breaks.

MEDWAY HOPE PROJECT

Phone : **01634 331894**

Email : sue.blanks@rethink.org / medway.hope@rethink.org

Web : www.rethink.org

Open to everyone living in Medway, especially those from Black and Minority Ethnic Communities. Medway Hope provides support, information and activities to help improve mental health and wellbeing for people with lived experience of mental health, their carers and relatives.

The aim of the Hope Project is to improve the quality of life of people affected by mental illness and their carers within the Medway area through providing support, information and activities to help improve mental health and wellbeing.

If you would like to join a Hope Group then please take a look at the 'Groups' area of the Rethink website above and look for groups with 'Hope' in their name.

If you would like to start your own group as part of the Hope Project then please do get in touch, we would love to hear from you!

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.

WINFIELD CHATHAM

Address : MVA Building, 1st Floor, 5a New Road Avenue, Chatham ME4 6BB

Phone : 01634 848886

Email : winfield_chatham@btconnect.com

Web : winfieldcomputing.org.uk

We offer nationally recognised Level 1 and 2 IT qualifications to adults with mental health needs in the Medway area. It doesn't matter whether you are a complete computing beginner or have some previous experience, you can work at your own pace with expert tutor support in a safe and friendly environment. Our main aims are to boost confidence, self-esteem and wellbeing but, if wanted, we can enhance your CV, too, with our weekly employment support group. If you want to have a go, we'll help with:

- Word processing
- Spreadsheets and graphs
- Presentations
- Desktop publishing
- Databases
- Internet and email
- CVs

- Personal statements
- Online job/volunteering searches and applications
- Barriers to working
- Interview techniques

HEALTHWATCH MEDWAY CIC

Address : Kingsley House, 37-39 Balmoral Road, Gillingham, ME74PF

Email : info@medwayhealthwatch.co.uk

Phone : 01634 566777

Web : Facebook: [healthwatchmedway](#) Twitter : @HWatchMedway

We are the independent consumer champion within Medway for all Children's, Young Peoples and Adults 'Health and Social Care' services.

Healthwatch Medway has statutory duties & powers with the aim to give citizens and communities a stronger voice to influence and challenge how health & social care services are provided within their locality.

Healthwatch Medway is a member of Medway Council's Children & Young peoples, Health & Adult Social Care Overview & Scrutiny Committees as well as Medway's Health & Wellbeing board.

We meet regularly with local CQC and CCG groups ensuring current trends are identified, sharing local intelligence, assisting with commissioning consultations all using direct consumer experiences.

Because we cover all Health & Social Care within Medway our contact base is huge, this enables us to offer a fantastic Information & Signposting Service which cuts through the often confusing process of trying to find the right up to date service involving just one call or email.