



SW Kent Mental Health Directory

www.liveitwell.org.uk	Live it Well website for Kent & Medway A great website with links to mental health support in Kent & Medway. Information on maintaining your wellbeing, events & groups, accessing mental health & employment services.	
KMPT Mental Health Contact Centre 24 Hour 0300 222 0123	A single point of access for patients, carers & clinicians seeking mental health advice & support. Our Contact Centre staff will ensure you receive the information & support you need & access to any services you may require.	
Mental Health Matters 24 Hour 0800 107 0160 Free number for mobiles: 0300 330 5486	A helpline links you to a team of highly trained & experienced support workers who use counselling skills to provide you with emotional support, guidance & information.	
Assert (MHR) Tunbridge Wells Tel: 01892 554722 Email: assertteam@twmhr.org.uk www.twmhr.org.uk	Advocates help you to express your view and needs to the people who make decisions about your life. Advocates meet you in a convenient place and vocalise your views on such issues as housing, family, legal and accessing services. They inform and support your rights under the Mental Health Act (IMHA).	✓ Self referral ✓ Professional Referral
Carers FIRST Tel: 0300 3031555 Email: info@carersfirst.org.uk www.carersfirst.org.uk	A charity which gives help to all carers through access to information, discussion, one-to-one support, group activities & flexible short breaks.	✓ Self referral ✓ Professional Referral
Citizens Advice Bureau Tel: Advice 01892 533 880 Email: advice@twcab.cabnet.org.uk www.twcab.org.uk	A national service that offers practical up-to-date information & advice on a wide range of topics including: debt, benefits, housing, legal, discrimination, employment & other problems. Also at: Tonbridge : 01732 440488/ Sevenoaks : 01732 440488	✓ Self referral
Community Mental Health Team Highlands House 10-12 Calverley Park Gardens Tunbridge Wells, TN1 2JN Tel: 01892 709211 / www.kmpt.nhs.uk	CMHT provides services to people living in the community aged between 16 & 65 who are experiencing mental health problems. Referrals to the team are usually made through a GP. If referred they will assess you, signpost & offer short-term treatment as close as possible to your home.	✓ GP referral ✓ Self referral
CRI – West Kent Recovery Service 1st Floor, 133 High Street Tonbridge, Kent, TN9 1DH Tel: 01732 367380	CRI Tonbridge offers a wide range of support for anyone who has problems with drugs & alcohol. Our service is for people living in & around Tonbridge & Malling, Tunbridge Wells & Sevenoaks.	✓ GP referral ✓ Self referral
Cruse - West Kent area Tel: 01732 353575	Face to face & group support & counselling through bereavement. Email support: helpline@cruse.org.uk	✓ Self referral
DAVSS Domestic abuse volunteer support services Tel: 01892 570538	Supporting those affected by domestic abuse. We offer an easily accessible helpline, face to face support, risk assessments & safety planning for every client.	✓ Self referral
Family Matters Helpline: 01474 537392	A specialised charitable service providing therapy & support after childhood sexual abuse & rape.	✓ Apply direct
IMAGO Tel: 01892 530330 Email: hello@imago.community	A range of projects across Kent including volunteering. Kent Care Navigator Service. The service offers free impartial information, advice & guidance for adults, families & carers to assist them with the issues they may face. Tonbridge & Malling 07834 586 097/Tunbridge Wells 07702 501 709.	✓ Apply direct
Live it Well Centre (Tonbridge) Bridge House, 97-101 High Street Tonbridge, Kent, TN9 1DR Tel: 0300 790 0532 email: liveitwell@shaw-trust.org.uk www.liveitwell.org.uk	The Tonbridge Live it Well centre is a hub providing free mental health services for people needing support with employment, training, health & wellbeing covering Tonbridge, Sevenoaks, Tunbridge Wells & the surrounding areas. Several organisations operate within the Live it Well centre.	✓ Self referral ✓ Professional Referral ✓ GP referral
Patient Experience Team Tel: 0800 587 6757 patientexperience@kmpt.nhs.uk	PET aims to help patients & carers with their questions & problems concerning health & related services. The NHS can then learn from patients' experiences.	
Porchlight Tel: 0800 567 7699 Email: link@porchlight.org.uk	Primary Care Community Link Worker. Working alongside your GP practice. Providing support & advice in a range of areas including: money, housing, education, & health. Porchlight also provides support to people who are homeless with housing issues.	✓ GP referral ✓ Self referral ✓ Prof. referral
Reachout(MHR) Tel: 01892 676285 Mob: 07989 219185 Email: Reachout@twmhr.org.uk www.twmhr.org.uk	Groups offer confidential self-help support. You can make friends; share personal experiences; & express opinions about treatment & care in a confidential setting & feedback anonymously to help improve services. There are group meetings in Cranbrook, Edenbridge, Hawkhurst, Sevenoaks, Tonbridge & Tunbridge Wells.	✓ Self referral
Rethink SW Kent Support Group Group Co-ordinator: Carole Wright Tel: 01732 452143	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 & information often with a visiting speaker. They also arrange social events.	✓ Apply direct

Samaritans Tel: 01892 532323 24 hour tel: 116 123 www.samaritans.org/twells	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 & face-to-face engagement in most branches.	✓ Self referral
Shaw Trust Bridge House, 97-101 High Street, Tonbridge, Kent, TN9 1DR Tel: 0300 790 0532 www.shaw-trust.org.uk	Supporting adults experiencing mental ill health to progress into paid employment. Delivering vocational & motivational training to build confidence & self-esteem. We work to develop skills including: job searching, CV writing & job applications. Support in job retention to both employees & employers for returning to work.	✓ Self referral ✓ Professional Referral
The Hub (MHR) 2a Grosvenor Park Tunbridge Wells, Kent, TN1 2BD Tel: 01892 539422 Email: Hubteam@twmhr.org.uk www.twmhr.org.uk	The Hub offers a range of activities suited to the needs of the individual to help raise confidence & self-esteem such as art, pottery, yoga, IT skills & peer support. One to one support & counselling are also offered.	✓ Self referral
Tonbridge Leisure Centre Tel: 01732 876029 Email: leisurecentres@tmhc.gov.uk www.tmbc.gov.uk	A Tonbridge Leisure pass entitles you to discounts on a range of leisure activities provided by Tonbridge & Malling Council. Provided for people on low incomes.	✓ Apply direct
Tunbridge Wells Sports Centre St John's Road, Tunbridge Wells Tel: 01892 540744 www.tunbridgewells-leisure.com	Go! Card Membership. Provided free & valid for 12 months for people on low income. It entitles you to concessionary rates on activities at various Centres in the Borough & Theatre seats (when offered).	✓ Apply direct
West Kent Mind 34 St John's Road Sevenoaks, TN13 3LW Tel: 01732 744950 www.westkentmind.org.uk	Community-based activities & workshops take place in Sevenoaks, Edenbridge & Tonbridge at our centres & local community facilities. Many Minds is a befriending service to increase social contact. We offer short term focused therapy groups for men & women as well as training & workshops to give the knowledge & confidence to recognise signs of mental health problems, & to reduce the stigma around mental illness.	✓ Self referral ✓ Professional Referral
Winfield 8 Culverden Park Rd, Tunbridge Wells, Kent, TN4 9QX Tel: 01892 519589 lynnewinfield@aol.com www.winfieldcomputing.org.uk	Improve your skills & employability. Winfield offer professional IT training in a highly supportive nurturing environment. Improve your confidence & knowledge, & get nationally recognised qualifications. Small classes, tuition to suit the individual. We are based in Tonbridge & Tunbridge Wells.	✓ GP Referral ✓ Professional Referral
IAPT - Psychological Therapies		
Addaction Tel: 0300 012 0012 www.thinkaction.org.uk	Provides a range of psychological therapies for people who are suffering with stress, low mood, anxiety & other mild to severe mental health issues. A free service funded by the NHS.	✓ GP referral ✓ Self referral
IESO Tel: 01954 230066 iesohealth.com	Free online psychotherapy service offered in Kent.	✓ GP referral ✓ Self referral
Insight Healthcare Tel: 0300 555 5555 Email: kent@insighthealthcare.org www.insighthealthcare.org	Offers talking & counselling therapies for anyone aged 18 or over, suffering from mild to moderate anxiety, depression, anger, phobias, trauma, bereavement, panic, stress, relationship difficulties or family problems. A confidential, free service funded by the NHS.	✓ Self referral ✓ GP referral
KMPT Primary Care Psychological Therapies Tel: 01892 524996 24 Hour answerphone: 0800 2799 500	Free confidential talking therapy service that offers a full range of counselling services. NHS funded.	✓ GP referral ✓ Self referral
HOUSING		
Circle Housing Russet sheena.field@circle.org.uk Tel: 0800 197 2880 From mobile: 0300 500 4444 Email: emily.foster@circlehousing.org.uk Email: pauline.plummer@circle.org.uk	Offers budgetary workshops run quarterly at Tonbridge Live it Well Centre. IT-Learn my way – Get on line. A weekly drop-in at Tonbridge. GRAFT – Craft/up-cycling community enterprise at Tonbridge Baptist Church. For residents only. Home or office visit by benefits officer to determine right benefits are being received. Offers help with job seeking – CV's etc. Residents only. Help offered to people struggling to maintain their tenancy.	✓ Self referral ✓ Self referral
Richmond Fellowship Tel: 01732 743392 Email: Greensands@richmondfellowship.org.uk www.richmondfellowship.org.uk	Supported housing for people with a dual diagnosis, support with managing a tenancy, while addressing mental health problems & drug or alcohol problems. Support is provided over a two-year period.	✓ Apply direct
Town & Country Housing Counselling 1st SE Tel: 07544 574845 Email: us@counselling1st.co.uk www.counselling1st.co.uk	A social enterprise scheme offering counselling in a professional non-judgemental environment. Support given can be one-to-one, to couples or family groups. Areas covered: relationships, domestic abuse, bereavement, anxiety, eating disorders, employment concerns etc.	✓ Self referral
West Kent Mind Tel: 01732 744950 Email: housing@westkentmind.org.uk www.westkentmind.org.uk	Offers supported housing in a safe & secure environment, aiming towards increasing levels of independence prior to moving on. Each resident has a support worker helping with budgeting, tenancy sustainment, goals & aspirations.	✓ GP referral ✓ Self referral