

## Mental Health Support during the Covid-19 pandemic North Kent & Medway

**Release the Pressure – 24 hour helpline call 0800 107 0160**  
**Text support – 24 hours mental health crisis support Text “Kent” or “Medway” to 85258**

**All services are free at the point of access and you can self-refer.**

**All services are Kent and Medway wide unless stated.**

Service	Support	Contact
<b>Adult Urgent Mental health support</b> Kent & Medway	24 hour helpline for urgent mental health support, advice and guidance. Provided by Kent and Medway NHS and Social Care Partnership Trust (KMPT).	<b>0300 222 0123</b>
<b>Under 18's Mental Health support</b> Kent & Medway	Provides emotional wellbeing and mental health advice and support for young people and their families across Kent. Call the 24 hour single point of access number.	<b>0300 123 4496 (select option one, then option three)</b>
<b>NHS Talking Therapy (IAPT) - North Kent</b>	Talking therapy services offer time-limited, evidence-based psychological therapies. All services offer treatments such as cognitive behavioural therapy (CBT), stress management and sometimes group work. Psychological therapies can help with anxiety, depression, Stress, trauma, Phobias and other related problems. All services are operating remotely via telephone and online appointments. Therapeutic appointments are available weekdays and evenings and some weekend appointments are available. NHS England have provided evidence that online treatment is as effective as face to face and patient experience is reported as high satisfaction.	<p><b>Self-refer to your choice of provider</b></p> <ul style="list-style-type: none"> <li>• <b>Insight Health care</b> Call: 0300 555 5555 <a href="http://www.insighthealthcare.org">www.insighthealthcare.org</a></li> <li>• <b>We are with you</b> Call: 0300 012 0012 <a href="http://www.wearewithyou.org.uk">www.wearewithyou.org.uk</a></li> <li>• <b>North Kent Mind</b> 0300 0293000 <a href="http://www.northkentmind.co.uk/talking-therapies-iapt">www.northkentmind.co.uk/talking-therapies-iapt</a></li> <li>• <b>IESO (available in Medway)</b> <a href="http://www.iesohealth.com/en-gb">www.iesohealth.com/en-gb</a></li> </ul> <p><b>In north Kent from 1 May:</b>  <b>Vita Health Group</b>  <a href="https://www.vitahealthgroup.co.uk/nhs-services/kentmedway/self-refer/">https://www.vitahealthgroup.co.uk/nhs-services/kentmedway/self-refer/</a>            Email Correspondence:  <a href="mailto:iapt.kentmedway@nhs.net">iapt.kentmedway@nhs.net</a>            Telephone 0333 0153 495</p>
<b>Medway Safe Haven</b> Kent & Medway	The Kent and Medway Safe Havens are currently providing telephone support only. The emphasis of the service is on reducing immediate distress, and supporting people to access services and opportunities available to them in the wider community. Available 6pm – 11pm 365 days per year	<b>Call 07850 901151 or 07808 795036</b> <b>Email: <a href="mailto:Medway.mhm@nhs.net">Medway.mhm@nhs.net</a></b>

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<b>Live Well Kent</b> Kent	Live Well Kent can help you improve your mental and physical health and wellbeing. It is a free service for anyone over 17 and living in Kent. The service continues to operate remotely, please contact for more information.	Call 0800 567 7699 Email <a href="mailto:info@livewellkent.org.uk">info@livewellkent.org.uk</a> or contact via the website <a href="http://www.livewellkent.org.uk">www.livewellkent.org.uk</a>
<b>Imago</b> Medway	Imago offer free impartial information, advice, and guidance to help people get the assistance they require. They carry out assessments with individuals, their families and carers, assisting them to find the right opportunities locally.	To self-refer go to: <a href="http://www.imago.community/Adult-Support/Medway-Wellbeing-Navigation-Service">www.imago.community/Adult-Support/Medway-Wellbeing-Navigation-Service</a>
<b>Megan CIC</b> North Kent   Medway	Phone calls, befriending and support. Fortnightly check In calls and the use of Facebook private Check In page.	Email: <a href="mailto:enquiries@megancic.org.uk">enquiries@megancic.org.uk</a> Available on Facebook & Twitter or by leaving a message or texting name and number to <b>07838 298591</b>
<b>North Kent Mind</b> North Kent	Providing phone and online support.	For more information visit <a href="http://www.northkentmind.co.uk">www.northkentmind.co.uk</a>
<b>Medway Area Rethink Support Group (MARS)</b> Medway	Providing phone and online support	Call 07763 971085 Email <a href="mailto:marsgroup@rethink.org">marsgroup@rethink.org</a>
<b>Improving Mental Health Provision</b> Medway	Providing phone Support	Call 07521 678521 Email: <a href="mailto:info@imhp.com">info@imhp.com</a> Website: <a href="http://www.imhpaction.com">www.imhpaction.com</a>
<b>Kent together outbreak</b> North Kent	24 hour helpline set up to support vulnerable people in Kent who need urgent help, supplies or medication during the Coronavirus.	Call 03000 41 92 92 Visit: <a href="http://www.kent.gov.uk/KentTogether">www.kent.gov.uk/KentTogether</a>
<b>Coronavirus (COVID-19) Medway support</b> Medway	Support to help vulnerable people in Medway who need urgent help, supplies or medication during the Coronavirus.	Call 01634 306 00 Email <a href="mailto:better.connected@medway.gov.uk">better.connected@medway.gov.uk</a> <a href="http://www.medway.gov.uk/coronavirussupport">www.medway.gov.uk/coronavirussupport</a>
<b>Carers First</b> Medway	Providing phone support for carers	Call 0300 303 1555 Email: <a href="mailto:hello@carersfirst.org.uk">hello@carersfirst.org.uk</a> <a href="http://www.carersfirst.org.uk/medway">www.carersfirst.org.uk/medway</a>
<b>Involve Carers Support</b> North Kent	Providing phone support for carers	Call: 03000 810005 Email: <a href="mailto:office@involvekent.org.uk">office@involvekent.org.uk</a> For more information visit: <a href="http://www.involvekent.org.uk/carers">www.involvekent.org.uk/carers</a>