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.

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<thead>
<tr>
<th>Service</th>
<th>Support</th>
<th>Contact</th>
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<tbody>
<tr>
<td>Adult Urgent Mental health support</td>
<td>24 hour helpline for urgent mental health support, advice and guidance. Provided by Kent and Medway NHS and Social Care Partnership Trust (KMPT).</td>
<td>0300 222 0123</td>
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<td>Kent &amp; Medway</td>
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<tr>
<td>Under 18’s Mental Health support</td>
<td>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.</td>
<td>0300 123 4496 (select option one, then option three)</td>
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| NHS Talking Therapy (IAPT) - North Kent    | 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. | Self-refer to your choice of provider
• Insight Health care
  Call: 0300 555 5555
  www.insighthealthcare.org
• We are with you
  Call: 0300 012 0012
  www.wearewithyou.org.uk
• North Kent Mind
  0300 0293000
  www.northkentmind.co.uk/talking-therapies-iapt
• IESO (available in Medway)
  www.iesohealth.com/en-gb

In north Kent from 1 May:
Vita Health Group
https://www.vitahealthgroup.co.uk/nhs-services/kentmedway/self-refer/
Email Correspondence:
iapt.kentmedway@nhs.net
Telephone 0333 0153 495

| Medway Safe Haven                          | 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 | Call 07850 901151 or 07808 795036
Kent & Medway                               |                                                                        | Email: Medway.mhm@nhs.net |

Created 29 April 2020 by the Kent and Medway CCG Mental health commissioning team. Send any queries to Ekmentalhealth.commissioning@nhs.net Mental Health Support during COVID North Kent & Medway
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| **Live Well Kent** 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 info@livewellkent.org.uk  
or contact via the website  
www.livewellkent.org.uk |
| **Imago 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:  
www.imago.community/Adult-Support/Medway-Wellbeing-Navigation-Service |
| **Megan CIC North Kent | Medway** | Phone calls, befriending and support. Fortnightly check In calls and the use of Facebook private Check In page. | Email: enquiries@megancic.org.uk  
Available on Facebook & Twitter or by leaving a message or texting name and number to 07838 298591 |
| **North Kent Mind** North Kent   | Providing phone and online support.                                   | For more information visit  
www.northkentmind.co.uk |
| **Medway Area Rethink Support Group (MARS) Medway** | Providing phone and online support | Call 07763 971085  
Email marsgroup@rethink.org |
| **Improving Mental Health Provision Medway** | Providing phone Support | Call 07521 678521  
Email: info@imhp.com  
Website: www.imhpaction.com |
| **Kent together outbreak 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: www.kent.gov.uk/KentTogether |
| **Coronavirus (COVID-19) Medway support Medway** | Support to help vulnerable people in Medway who need urgent help, supplies or medication during the Coronavirus. | Call 01634 306 00  
Email better.connected@medway.gov.uk  
www.medway.gov.uk/coronavirussupport |
| **Carers First Medway**          | Providing phone support for carers                                    | Call 0300 303 1555  
Email: hello@carersfirst.org.uk  
www.carersfirst.org.uk/medway |
| **Involve Carers Support North Kent** | Providing phone support for carers                                    | Call: 03000 810005  
Email: office@involvekent.org.uk  
For more information visit:  
www.involvekent.org.uk/carers |

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