

kent youth county council
KyCC

Kent Youth County Council

Mental Health Support Services Directory



MH-1-0816

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Introduction

Thank you for picking up this copy of the **Kent Youth County Council Mental Health Support Services Directory!**

In this booklet, we will detail the main services which are available for **young people up to the age of 25 in Kent**, ordered by district.

In our **2015 study** we found that in Kent,

45% of teachers have not had sufficient training

70% of students could not define 'mental health'

95% of students said there was not enough information available

85% of students want education on mental health

These statistics, among others which have been collected nationally, shocked us and encouraged us to **produce materials which could be used by both students and teachers** to help **educate** both about mental health and help to reduce the **stigma** which surrounds it.

The campaign worked with the *British Youth Council* to produce its 2015 *Youth Select Committee* Report into mental health and has since then come up with its own action plan on mental health:

- Due to the lack of education, the stigma around mental health is likely to continue to be prevalent until services are more readily and visibly available
- Bullying will not stop until young people understand what 'mental health' means and they understand the effects that it has in people's lives – something not taught today
- Students do not have the required level of education provided to them in schools, so mental health should become compulsory on the PSHE curriculum and as training to teachers
- Most students would not know where to get help – due to there not being enough information on mental health services for young people, this should be more readily available
- **Making information more accessible, and involving more young people in education about mental health can help to remove the stigma around it**

As a council, we have produced this booklet alongside lesson plans and presentations to aid teachers in producing lessons which make sense, are engaging and education on mental health. These can be accessed online at kent.gov.uk/kycc.

National Services

Rethink

Age range: N/A

Address: Head Office
15th Floor
89 Albert Embankment
London
SE1 7TP

Contact number: 0300 5000 927

Email: info@rethink.org

Website: <https://www.rethink.org>

Summary: Support and advice for people living with mental illness.

CALM (Campaign against Living Miserably)

Age range: 15-35 Men

Address: N/A

Contact number: 0800 58 58 58 (National)

0808 802 58 58 (London)

Email: info@thecalmzone.net

Website: www.thecalmzone.net

Summary: *exists to prevent male suicide in the UK by offering support and challenging a culture that prevents men seeking help when they need it.*

Bipolar UK

Age range: 18-25

Address: N/A

Contact number: 0333 323 3880

Email: info@bipolaruk.org

Website: www.bipolaruk.org.uk

Summary: National charity dedicated to supporting individuals with the much misunderstood and devastating condition of bipolar, their families and carers.

Samaritans

Age range: N/A

Address: Use website to find the nearest branch to you.

Contact number: 116 123 (24 hour service)

Email: jo@samaritans.org

Website: www.samaritans.org.uk

Summary: confidential support for those experiencing feelings of distress or despair.

Sane

Age range: N/A

Address: N/A

Contact number: 0845 767 8000(daily 6pm-11pm)

Email: sanemail@org.uk

Website: www.sane.org.uk

Summary: Charity offering support and carrying out research into mental illness

Mind

Age range: N/A

Address: 3rd Floor, Quebec House,
Castlebridge,
5-19 Cowbridge Road East,
Cardiff CF11 9AB

(Use website to find your local branch.)

Contact number: 0300 123 3393 (mon –fri
9am – 6pm)

Email: contact@mind.org.uk

Website: www.mind.org.uk

Summary: promotes the views and needs of people with mental health problems.

Young Minds

Age range: N/A

Address: Suite 11, Baden Place,
Crosby Row,
London, SE1 1YW

Contact number: 020 7089 5050 (for general enquires) 0808 802 5544 (parent helpline mon – fri 9:30am – 4pm)

Email: ymentquires@youngminds.org.uk

Website: www.youngminds.org.uk

Summary: Information on child and adolescent mental health. Services for parents and professionals.

PAPYRUS

Age range: N/A

Address: Unit 1, Lineva House,
28-32 Milner Street,
Warrington,
Cheshire, WA5 1AD

Contact number: 01925 572 444 (Mon-Fri 9:00 am to 5:00 pm) 0800 068 41 41 (HOPEline)

Email: admin@papyrus-uk.org

Website: www.papyrus-uk.org

Summary: Young suicide prevention society.

Beats

Age range: N/A

Address: Beat

Wensum House
103 Prince of Wales Road
Norwich
Norfolk, NR1 1DW

Contact number: 0345 634 7650 (youthline)

Email: fyp@b-eat.co.uk

Website: www.b-eat.co.uk

Summary: the UK's leading charity supporting anyone affected by eating disorders or difficulties with food, weight and shape.

OCD (Obsessive Compulsive Disorder) Action

Age range: N/A

Address: Suite 506-507 Davina House,
137-149 Goswell Road
London, EC1V 7ET

Contact number: 020 7253 5272 (office)
0845 390 6232 / 020 7253 2664 (helplines)

Email: office@ocdaction.org.uk (office)
support@ocdaction.org.uk (support)

Website: <http://www.ocdaction.org.uk/>

Summary: A charity run by people with OCD, for people with OCD. Includes facts, news and treatments.

Countywide Services

CAMHS – Child and Adolescent Mental Health Service

Age Range: 0-18

Address: 1 The Courtyard

Gillingham Business Park

Kent, ME8 0NZ

Contact number: 01634 266300

Email: N/A

Website:

<http://www.medwaycan.co.uk/directory/entry/child-and-adolescent-mental-health-service/>

Summary: CHAMS work with children and young people who are experiencing a range of emotional and mental health difficulties. They often work closely with families and carers as well as other services including schools, children's social care and voluntary sector organisations who offer other types of help and support.

Young Healthy Minds

Age Range: 4 - 18

Address: N/A

Contact number: 01233 224244

Email: yhadmin@cxk.org

Website:

<http://www.kcfn.co.uk/Children%20and%20Families/YoungHealthyMinds>

Summary: Newly commissioned early intervention service, commissioned by Kent County Council to deliver emotional wellbeing support to children and young people.

SAFE for Kent

Age Range: Young People

Address: N/A

Contact number: N/A

Email: N/A

Website: www.safekent.org.uk

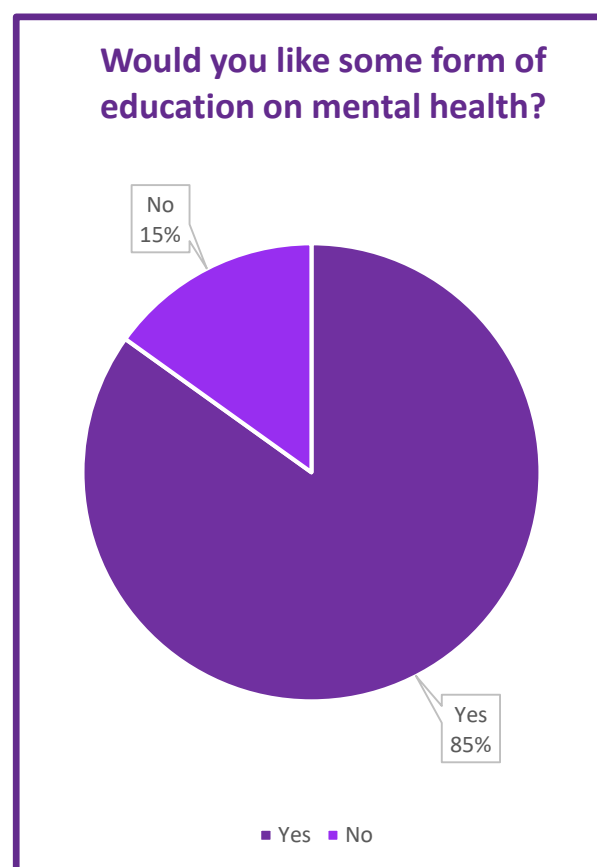
Summary: Attend schools and youth projects across West Kent and reach out to young people at safe spaces located around the county (see district pages for more)

School Nurses

Each district in Kent has their own school nurses and contact numbers which can be found in each district's page. Their county-wide contact details are:

Contact number: 0300 123 1816

Email: kchft.schoolhealth@nhs.net



Ashford

Umbrella

Age range: N/A

Address: (post only) Ashford and Tenterden
Umbrella

C/O 1 Harmers Way
Egerton
Ashford
Kent TN27 9DN

Contact number: 01233 756 647

Email: info@ashford-tenterden-umbrella.co.uk

Website: <http://www.ashford-tenterden-umbrella.co.uk/>

Summary: registered Charity which provides an informal Community Service. It is open to everybody and particularly provides support to people with mental health problems.

KCA

Age range: 18+

Address: 171 Beaver Road,
Ashford,
Kent,
TN23 7SG

Contact number: 0300 012 0012

Email: kca.ashford@nhs.net

Website:
http://www.kca.org.uk/?doing_wp_cron=1437075921.2209830284118652343750

Summary: For People aged 18 and above who are suffering with mild-moderate and moderate-severe mental health issues, such as depression and/or anxiety.

Live It Well Centre

Age range:

Address: Gore Hill
Canterbury Road
Ashford
Kent TN24 8QF

Contact number: 01233 625371

Email: N/A

Website: <http://www.liveitwell.org.uk/your-community/live-it-well-centers/ashford-live-it-well-centre/>

Summary: The Ashford Live It Well Centre is a multi-agency hub providing mental health services and support to people living in Ashford and the surrounding areas.

School Nurse

Contact Number: 0300 123 3094

Email: kcht.schoolnurses-ashford@nhs.net

“As someone with a mental illness, I think we shouldn't just have a few lessons on it once a year. I think it's something that needs to be taught more frequently and with more depth, so that students can understand to a certain length what mental illnesses really are. It needs to be taught so that students don't feel like it's all black and white, and so that they can start to understand what it's like for someone who does have a mental illness.”

Canterbury and Swale

KCA – Canterbury and Coastal Mental Health Services

Age Range: 18+

Address: 34 Simmonds Road

Canterbury

Kent CT1 3RA

Contact number: 0300 012 0012

Email: kca.canterbury@nhs.net

Website:

<http://thinkaction.org.uk/get-help/addaction-mental-health-services/canterbury-and-coastal-mental-health-services/>

Summary: Mental health services for people aged 18 and above who are suffering with mild-moderate and moderate-severe mental health issues, such as depression and/or anxiety.

Live it Well Canterbury Community Mental Health Team

Age Range: 16+

Address: Laurel House

41 Old Dover Road

Canterbury, CT1 3HH

Contact number: 0300 012 0012

Email: kca.canterbury@nhs.net

Website:

<http://www.liveitwell.org.uk/recovery-resource/canterbury-community-mental-health-teams/>

Summary: Provides mental health services to people living in the local area aged 16 to 65 and are suffering with mental health issues.

Swale Community Mental Health Team

Age Range: 18+

Address: Sittingbourne Memorial Hospital

Bell Road, Sittingbourne

Kent ME10 4DT

Contact number: 01795 418359

Email: N/A

Website:

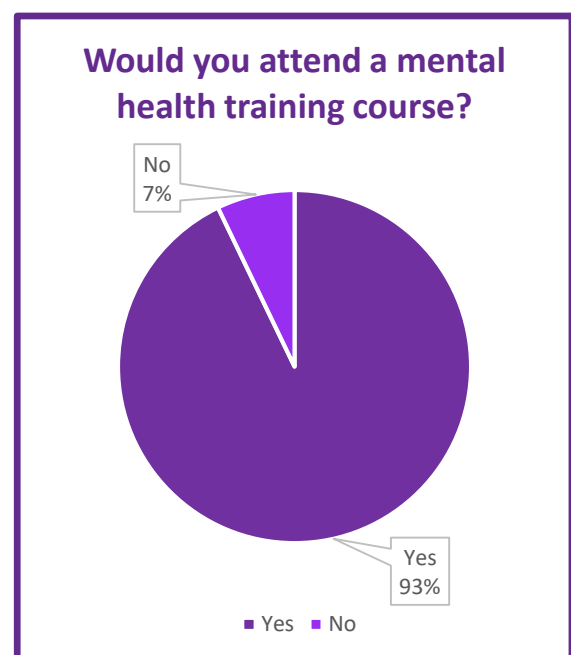
<https://www.kmpt.nhs.uk/services/swale-community-mental-health-team/7007>

Summary: Mental health services for people aged 18 to 65 years with moderate to severe mental health problems and needs arising from these.

School Nurse

Contact number: 0300 790 0157

Email: kcht.canterburyandcoastal-schoolnurses@nhs.net



Dartford & Gravesham

KMPT Primary Psychological Therapies Dartford

Age Range: N/A

Address: 17 High Street,
BR8 8AE

Contact number: 0800 2799 500

Email: N/A

Website:
<http://www.kmpt.nhs.uk/information-and-advice/pcpts>

Summary: provides counselling and support for common mental health problems as well as with regards to relationships, work and debt.

Dartford, Gravesham and Swanley Mind

Age Range: N/A

Address: DGS Mind,
The Almeshouses,
20 West Hill,
Dartford, DA1 2EP

Contact number: 01322 285294

Email: admin@dgsmind.co.uk

Website: <http://dgsmind.co.uk/>

Summary: provide a range of services for people suffering from mental health issues. They also provide support services for people who are the carers of those who are experiencing mental health issues.

Insight healthcare

Age Range: N/A

Address: N/A

Contact number: 0300 555 5555

Email: Kent@insighthealthcare.org

Website: <https://www.insighthealthcare.org/>

Summary: provide counselling and support for common mental health issues as well as with regards to relationships, work and debt.

Dartford Community Mental Health team

Age Range: 16+

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

Contact number: 01322 622230

Email: N/A

Website: www.kmpt.nhs.uk

Summary: Referral needs to be made by a GP but the Dartford Community Mental Health team does provide services to people living in the community.

Dartford, Gravesham and Swanley Mind

Age range: N/A

Address: 18 West Hill,
Dartford,
Kent, DA1 2EP

Contact number: 01322 291 380

Email: dgsmind.co.uk

Website: dgsmind.co.uk

Invicta Advocacy Network

Age range: 16+

Address: First Floor,
7/9 Hythe Street,
Dartford,
Kent DA1 1BT

Contact number: 01322 285 234

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

Website: invicta-advocacy-network.org.uk

Summary: aims to represent and promote the voices and concerns of people with mental health needs.

Sahayak-rethink

Age range: 16+

Address: 4-5 High Street,
Gravesend,
Gravesham
Kent. DA11 0BQ

Contact number: 01474 364 837, 01474 364 498

Email: sahayak@rethink.otg

Website: www.rethink.org

Summary: support services for Asian people with mental health problems.

SAFE for Kent

Age Range: Young People

Where : The Grand, 26 King Street,
Gravesend, DA12 2DU

When : Every day 9-5pm

Where : Dartford Grammar School (Room G35)

When : Every Tuesday 3:15pm

Where : Wilmington Academy (Room C5)

When : Every Friday 1pm – 2:30pm

Website: www.safekent.org.uk

Summary: Safe spaces are places where you can come to chill out, do something fun and talk to our Safe volunteers and run once a week or once a month

School Nurse

Contact number: 0300 123 3164

Email:

kcht.dartfordgravesendschoolnurses@nhs.net

What is your definition of mental health?

"Someone so disabled that they need medical attention"

"I don't know."

"health that makes you mental."

"People like me."

"It's incredibly important and people should be aware of it."

"How well performing someone's mind is."

"Someone who is a bit mad."

What training have you had about mental health?

"Very little. In teacher training there are sessions that deal with the immediate response to students that request help. Basically, we are told to lend an ear but be clear that we will tell the pastoral member of staff about any concerns. In addition, if we see signs of what we would consider depression, we are to pass on our concerns to the pastoral members of staff who are hopefully trained to assist these pupils."

Dover

Coleman House Mental Health Services

Age range: 16+

Address: Coleman House,
Brookfield Ave,
Dover, Kent
CT16 2AH

Contact number: 01304 216666

Email: N/A

Website:
<http://www.kmpt.nhs.uk/services/?postid=6951>

Summary: provides services to people living in the community who are experiencing mental health problems

Dover Counselling Centre

Age range: N/A

Address 9 St James St,
Dover CT16 1QD

Contact number: 01304 204123

Email: AWiggins@dovercc.org.uk

Website: <http://www.dovercc.org.uk/>

Summary: Charitable organisation that provides confidential (self-referral) counselling services

School Nurse

Contact number: 01304 873560

Email: kcht.schoolnursesDDR@nhs.net

Is there enough information on services for young people about mental health?

“There should be more because we wouldn't be aware if one of our friends or family members had mental health issues and we couldn't help them. It would be better if we saw if they had mental health problems because if we spotted it quicker we could help them get better sooner and it wouldn't lead on to anything bigger and harder to deal with.”

“NO!”

“No, I think more could be said about mental health at school, such as assemblies about various mental health issues or how you can get help if you need it.”

“No, there should be more”

“No. There is too much out there telling us what is wrong with our selves. People then complain that teenagers and adults have low self-esteem, have you ever wondered why this is? Is it because there is so much about mental health in schools and in the media that people are becoming paranoid that they are mentally ill or their friends are.”

Maidstone, Tonbridge and Malling

Kent & Medway NHS & Social Care Partnership Trust

Age range: N/A

Address: Trust Headquarters,
HERMITAGE Lane,
ME16 9PH

Contact number: 0300 222 0123 (24/7) or
01795 514528

Email: N/A

Website: <http://www.kmpt.nhs.uk/contact-us/>

Summary: Provide mental health, learning disability and substance misuses services.

Priority House

Age range: N/A

Address: Hermitage Lane,
Maidstone,
Kent, ME16 9QQ

Contact number: 01622 725000

Email: N/A

Website: <http://www.kmpt.nhs.uk/>

Summary: Impatient mental health services

Tonbridge and Malling Visiting support service (Richmond fellowships)

Age range: N/A

Address: 84 High Street,
Tonbridge,
Kent. TN9 1AP

Contact number: 01732 773 674

Email: richmondfellowship.org.uk

Website: richmondfellowship.org.uk

Summary: this is a visiting support service.

Carers first- south west Kent

Age range: N/A

Address: 192 High Street,
Tonbridge,
Kent. TN9 1BE

Contact number: 01732 357 555

Email: Fiona.baptie@carersforst.org.uk

Website: N/A

Summary: have a designated mental health team to provide support to anyone in the southwest Kent.

Maidstone Youth Hub Mental Health

Age range: Young People

Address: Maidstone Youth Hub
Palace Avenue
Maidstone

Time: Wednesday Evenings

Contact number: 01622 755044

Email: john.knight@kent.gov.uk

Website: N/A

Summary: InfoZone offers an informal, comfortable atmosphere where young individuals can go to meet new people and get mental health support on Wednesday evenings.

SAFE for Kent

Age Range: Young People

Where : Switch Café, 34A High Street,
Maidstone, ME14 1JH

When : 1st Friday of the Month, 4pm

Where : Oakwood Park Grammar School (The
room behind DT)

When : Every Friday 1:20pm

Where : Tonbridge Girls Grammar School
(Sixth form computer room)

When : Every Monday 1:10pm

Website: www.safekent.org.uk

Summary: Safe spaces are places where you can come to chill out, do something fun and talk to our Safe volunteers and run once a week or once a month

School Nurses

Maidstone

Contact number: 01622 226061

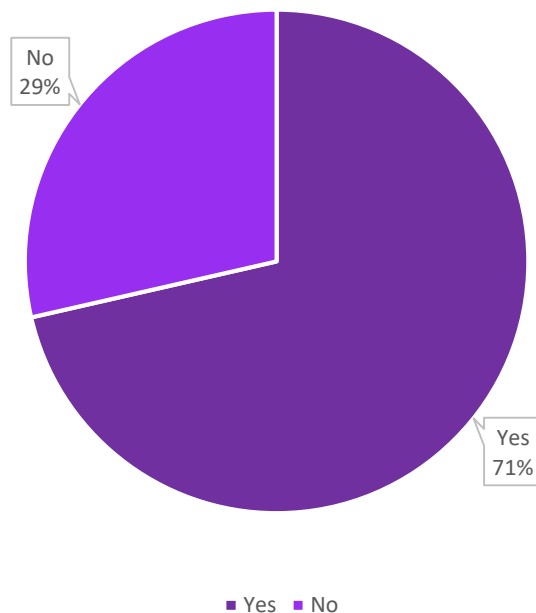
Email: kcht.maidstoneschoolnurses@nhs.net

Tonbridge and Malling

Contact number: 01732 221162

Email: kcht.sch-larkfield@nhs.net

Would you like to be able to teach students about mental health?



"I feel that there could be more about Mental Health, in schools. I know about Mental Health because my friend has difficulties keeping calm (she has ADHD), I watch the news and I often read the NHS website, so that I know the struggles people face, in the world today.

I think that information on Mental Health should be told to pupils in either PSHE or science lessons. I think that there should be class discussions on what the world is like towards Mental Health and such things. Students need to be better informed about hurdles like this, we may one day be the scientists who help people to suppress their bad Mental state."

Sevenoaks

South West Kent Mental Health Access Service

Age range: 16+

Address: 3 John's Rd,
Sevenoaks,
TN13 3LR

Contact number: 02893 709211

Email: N/A

Website:

<http://www.liveitwell.org.uk/recovery-resource/south-west-kent-community-mental-health-teams/>

Summary: NHS service providing services for member of the community who are suffering from mental health issues.

SAFE for Kent

Age Range: Young People

Where : House in the Basement, The Stag Cinema, London Rd, Sevenoaks, Kent TN13 1ZZ

When : Every Wednesday 5:30pm

Website: www.safekent.org.uk

Summary: Safe spaces are places where you can come to chill out, do something fun and talk to our Safe volunteers and run once a week or once a month

School Nurse

Contact number: 0300 123 3169

Email: kcht.SNT-swan@nhs.net

I have been at school for 5 years and have been lectured on the subject once or twice. Mental health is very common among people my age as I know this myself, I would really benefit from learning more on the matter, giving people the opportunity to help themselves out of these circumstances."

"I think that mental health problems are seen as quite unusual so people with them can often feel isolated and alone and people around them often do not understand what they're going through."

"I myself actually struggle with anxiety and depression. I wasn't aware of what they really were until I developed them. There is such a stigma around all types of mental health and it just makes it harder for everyone with mental health conditions. I think the information given should not only be given by doctors but by people who have experienced them, so you can really get a good understanding of what it is, what it does and what it's like."

Shepway

CAMHS (Child and Adolescent Mental Health Services)

Age range: Under 18

Address: Cherry Tree House
Cheriton High Street
Folkstone, CT18 8AN

Contact number: 01303 717233

Email: N/A

Website: N/A

Summary: 4-tier strategic framework for children and young people in full time education who present problems in mental or emotional health. This service can be accessed via referral from a GP, mental health practitioner or relevant professional e.g. head teacher.

Folkestone Rainbow service

Age range: N/A

Address: 69 Sandgate Road
Folkstone, CT20 2AF

Contact number: 01303 850733

Email: info@folkestonerainbowcentre.org.uk

Website:
www.folkestonerainbowcentre.org.uk

Summary: This is a Christian charity which provides counselling services by self-referral or referral from Health and social workers, GPs and other caring agencies.

Shepway IAPT (Improved Access to Psychological Therapies)

Age range: N/A

Address: First Floor Offices
6 – 8 Bank Street
Hythe, CT21 5AN

Contact number: 0845 456 8972

Email: N/A

Website: www.counsellingteam.com

Summary: Provides access to Cognitive Behaviour Therapy (CBT) and other counselling services for people with mild to severe anxiety and depressive symptoms. This free NHS funded service is accessible by self or GP referral.

KCA

Age range: N/A

Address: 2 and 4 Shellons
Folkstone, CT20 1BP

Contact number: 01303 223898

Email: N/A

Website: www.kca.org.uk

Summary: works in and with communities to reduce the harm and cost to communities and individuals of substance abuse and mild to moderate mental health issues by providing a range of accessible, flexible and innovative services, developing community services and responding to needs not currently being met.

Rethink

Age range: N/A

Address: 66A High Street

Contact number: 01843 229 422

Email: eastkentcarers@rethink.org

Website: www.rethink.org

Summary: provides information and services and develops local support groups for service users and carers. Rethink carries out research and actively campaigns for change through greater awareness and understanding.

MCCH Aspirations

Age range: N/A

Address: 151 Sandgate road

Folkstone, CT20 2DA

Contact number: 01303 210376

Email: N/A

Website: www.mcch.co.uk

Summary: Provides an employment and vocational rehabilitation service for people with enduring mental illness in the Shepway area.

Samaritans

Age range: N/A

Address: 9 Cambridge Gardens

Folkstone, CT20 1DB

Contact number: 01303 255000

Email: N/A

Website: www.samaritans.org

Summary: Samaritans provides confidential non-judgmental emotional support, 24 hours a day for people who are experiencing feelings of distress or despair, including those which could lead to suicide.

Shepway Open Forum (SWOF)

Age range: N/A

Address: The Channel Business Centre

Ingles Manor

Castle Hill Avenue

Folkstone, CT20 2RD

Contact number: 01303 850856

Email: shepwayopenforum@gmail.com

Website: www.liveitwell.org.uk

Summary: Shepway Open Forum provides peer support to people with mental health needs and helps people have a say in the running of local mental health services. The Forum meets four times each month at various locations in Shepway.

United Response

Age range: N/A

Address: 378a Cheriton Road

Folkstone

Contact number: 01303 270024

Email: N/A

Website: www.unitedresponse.org.uk

Summary: Provides 24 hour support to adult clients with learning disability and mental health, either in the community, or needs residential care on or in the local community, who are referred by healthcare professionals, supporting people to move out of psychiatric care.

School Nurse

Contact number: 01303 858924

Email: kcht.shepwayschoolnurses@nhs.net

Thanet

Thanet Health Care Trust

Age range: N/A

Address: 164 Ramsgate Road,
Margate, CT9 9BF

Contact number: 01843 225544

Email: N/A

Website:

<https://plus.google.com/115007895625209472740/about?hl=en>

Summary: NHS mental health partnership in Thanet area.

Thanet community support partnership

Age range: N/A

Address: Foresters Hall
Meeting Street
Ramsgate
Kent
[CT11 9RT](#)

Contact number: 01843 597115 or 07754 819815

Email: tcspc@hotmail.co.uk

Website:

<http://www.thanetcommunitysupport.org/contact.php>

Summary: works with a wide range of partner organisations to “Rethink mental health”

Richmond Fellowship Thanet Day Service

Age range: N/A

Address: 17 St Johns Road,
Margate, CT9 1LU

Contact number: 01843 280022

Email: N/A

Website:

<http://www.richmondfellowship.org.uk/>

Summary: Non – profitable organisation and charity helping people overcome an array

School Nurse

Contact number: 01843 830175

Email: kcht.schoolnursing@nhs.net

Have you had to deal with students facing a mental illness?

“I felt very inadequate especially having to deal with mental health within a classroom environment. The problem comes when you have to decide how able you are to deal with mental health as a teacher in a class of 30 students.”

Tunbridge Wells

Tunbridge Wells Mental Health Resource

Age range: N/A

Address: Tunbridge Wells and District Bipolar group,

The Hub,
2A Grosvenor Park,
Tunbridge Wells, Kent, TN1 2BD

Contact number: 01892 615 552

Email: enquiries@twmhr.org.uk

Website: <http://twmhr.org.uk>

Summary: Tunbridge Wells Mental Health Resource Ltd (MHR), a registered charity, was founded in 1993 to provide practical and emotional support in a safe and caring environment, for people suffering with mental ill health. MHR seeks to empower people with mental illness so they are able to re-take control of their lives, increase their self-confidence and feel a full and valued member of society.

What training have you had on mental health?

“Nothing specific for teachers about mental health. Just using common sense.”

“Very little.”

“No formal training at all.”

“I can’t remember receiving any training.”

OCD UK

Age range: N/A

Address: Room 2, Manna Café / Christ Church,

High Street,
Royal Tunbridge Wells,
Kent, TN1 1UT

Contact number: 07917 207714

Email: ashley@ocduk.org

Website: <http://www.ocduk.org/tunbridge-wells>

Summary: They provide an informal meeting where people affected by OCD can talk to others in a friendly, understanding and non-judgemental way. Our group is keen to promote the belief that recovery from OCD is possible.

South West Kent Psychology & Specialist Psychotherapy Service

Age range: N/A

Address: Highlands House,
10-12 Calverley Park Gardens,
Tunbridge Wells,
Kent, TN1 2JN

Contact number: 01892 709225

Email: N/A

Website: <http://www.kmpt.nhs.uk/services/south-west-kent-psychology-and-specialistpsychotherapy-service/7060>

Summary: Psychological services in West Kent are organised into three tiers - Primary Care

Psychological Therapies Service (talking therapies), Secondary Care Psychology (for severe mental health difficulties) and Specialist Psychotherapy Services (long term single modality treatments).

Tunbridge Wells Samaritans

Age range: all ages

Address: 7, Lime Hill Road,
Tunbridge Wells,
Kent, TN1 1LJ

Contact number: 01892 53 23 23

Email: jo@samaritans.org

Website:

<http://www.samaritans.org/branches/tunbridge-wells-and-district-samaritans>

Summary: Tunbridge Wells Samaritans provide confidential, non-judgemental support 24 hours a day, 7 days a week for anyone experiencing feelings of distress or despair, including those thoughts which could lead to suicide.

SAFE for Kent

Age Range: Young People

Where : Tunbridge Wells Girls Grammar School (The green VSU hut)

When : Every Wednesday 12:30pm

Where : St Gregory's School (N17)

When : Every Wednesday 12:30pm

Where : Bennett School (Mr Spark's old office)

When : Every Friday 12:30pm

Where : Bean Café, 68 St John's Rd, Tunbridge Wells, Kent TN4 9PE

When : 2nd Monday of the month 4pm

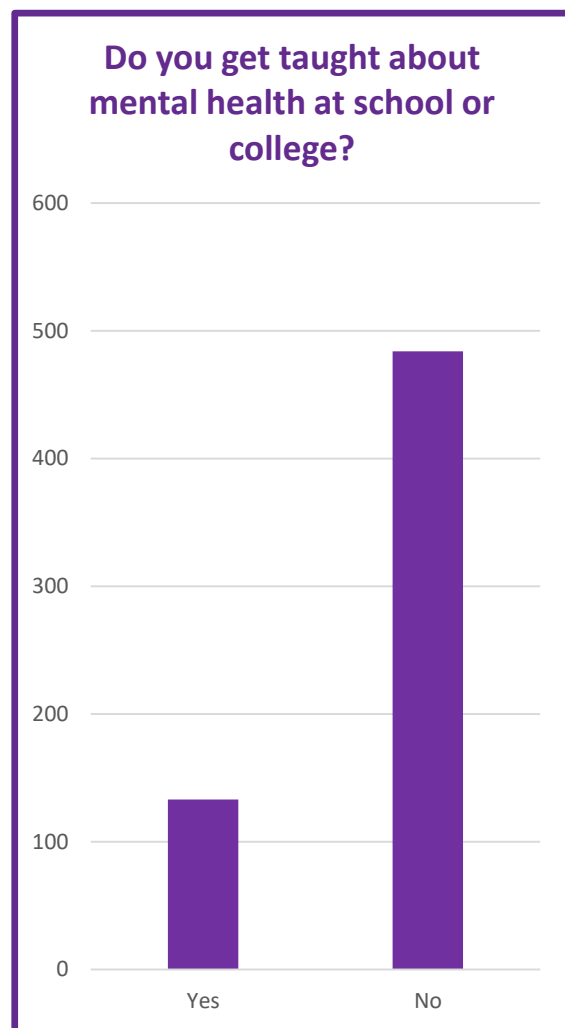
Website: www.safekent.org.uk

Summary: Safe spaces are places where you can come to chill out, do something fun and talk to our Safe volunteers and run once a week or once a month

School Nurse

Contact number: 0300 790 0244

Email: kcht.twschoolnursing@nhs.net



Acknowledgements

Developed by Kent Youth County Council Mental Health Campaign

Chair and Vice Chair

Joshua Gray & Oliver Oakley

Directory Sub-Group

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KYCC Mental Health Campaign 2015

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KYCC Mental Health Campaign 2016

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All content accurate when document went to print (08/2016)

Kent Youth County Council 2016

For more information about the Kent Youth County Council and how you can get involved, visit our website at www.kent.gov.uk/kycc or find us on Facebook or Twitter.