


<h1>USEFUL SUPPORT RESOURCES</h1>	<p>If your situation is an emergency, or you pose a risk to yourself,</p> <h2>CALL 999</h2>	<h3>Thoughts of Self Harm?</h3> <p>Single Point of Access can help on 0800 7839111</p> <p>Crisis Resolution Home Team on 01634 830000 ext 3095</p>
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If you or someone you know needs urgent mental health care but it's not life threatening

Call 111 option 2

<p>Counselling and psychological help in Medway Everyturn Talking Therapies Phone – 0300 0293000 (local rate)/0300 5555555 https://www.everyturn.org/talking-therapies/locations/medway/</p> <p>Kent and Medway Mental Health and Wellbeing Hub https://www.kmhealthandcare.uk/mental-wellbeing-information-hub</p> <p>If you would prefer face-to-face mental health support from trained professionals, try: Medway Safe Haven 12pm – midnight, no appointment needed. Link: https://www.mhm.org.uk/kent-safe-havens Email: medway.mhm@nhs.net Visit: Medway Maritime Hospital, Windmill Road, Gillingham, ME7 5NY</p>	<p>If you would like mental health support from a trained volunteer, try the following helplines: To release the pressure if you are feeling stressed, call 0800 107 0160 or text "Kent" to 85258</p> <p>Mental Health Matters (24-hour) 0800 1070160</p> <p>The Samaritans (24-hour) 08457 909090</p> <p>SilverLine Helpline (over 60 years old) 0800 4708090</p> <p>Struggling with thoughts of suicide? Call Papyrus on 0800 0684141 https://www.papyrus-uk.org/</p>
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<p>Self-help Resources for your Mental Health For those with computers or smart phones For leaflets on anxiety or depression as well as self-help guides: https://web.ntw.nhs.uk/selfhelp/ www.patient.co.uk</p>	
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<p>Ieso Digital Health online CBT, typed not spoken, register: www.iesohealth.com</p>	<p>The Mind online community https://www.mind.org.uk/</p>	<p>LivingLifeToTheFull" Free online courses www.lttf.com</p>
<p>www.moodgym.anu.edu.au Interactive self-help book</p>	<p>https://www.nhs.uk/apps-library/</p>	

<p>Paid for apps</p> <p>https://www.calm.com/ https://www.headspace.com/ https://www.breathing.zone/ www.unmind.com/</p>	<p>Free guided mediation/mindfulness apps</p> <p>https://onemomentcompany.com/app/ https://www.smilingmind.com.au/smiling_mind_app</p>
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Apps to help manage emotions and to reduce urges to self-harm

<https://calmharm.co.uk/>

<https://www.oxfordhealth.nhs.uk/blueice/>

Free app/website to help with sleep funded through NHS

https://www.sleepstation.org.uk/nhs_options/

Free in some parts of the UK

www.sleepio.com

Your mental health through COVID-19 pandemic

COVID-19 Coronavirus Survivors Group UK

Email: outreach@selfhelp.org.uk

Tel: 0115 9111662

Sane provides emotional support, guidance and information to anyone affected by mental illness, including families, friends and carers.

Leave a message on 07984 967708 or email support@sane.org.uk

Online resources for your mental health through COVID-19

<https://www.yourcovidrecovery.nhs.uk/>

<https://www.nhs.uk/oneyou/every-mind-matters/>

<https://able-futures.co.uk/covid-19-coronavirus>

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

A to Z...

For **Age UK** mental wellbeing chats, call 01634 578085 or email gooddaycalls@ageukmedway.org.uk

Anyone who has been in the **Armed Forces** can contact a dedicated help team on:

Armed Forces Network
01273 403693

Bereavement and Grief

Maidstone and Medway Cruse Bereavement Support.

Telephone: 01622 671011, or email maidstone@cruse.org.uk

National helpline: 0808 808 1677

<https://www.cruse.org.uk/>

Centrepont: Are you a young person who needs housing advice? This service offers mental health advice on 0800 587 5158 or via email at supportercare@centrepont.org

Dedicated Helpline advisors are available to chat online between 10am-4pm, Monday to Friday.

Childrens Social Services/Early help: If the child is in immediate danger phone 999.

If you think the child is at immediate risk of harm phone: 01634 334466 9am-5pm Monday to Friday, out of hours on 0300 0419191.

For advice about **Debt** problems:
National Debt Helpline 0808 8084000
<https://nationaldebtline.org/>

For **Dementia support**, call the Community Dementia Support Team on 01634 382947 (9am-5pm Monday to Friday)

For support on **Domestic Violence**:

- If you are in immediate danger phone the Police (999)
- Call the [National Domestic Abuse Helpline](https://www.nationaldomesticabusehelpline.org/) for free and in confidence. You can call 24 hours a day on 0808 2000 247

Medway Domestic Abuse Service (MDAS) - Call free on 0800 917 9948 9am-4:30pm Monday to Friday.

MDAS Refuge search - If you are looking to flee an abusive relationship now, they can offer help and advice on how to leave safely. A UK-wide search of refuge vacancies is also available.

Please visit: <https://www.oasisdasevice.org/> for more information including the Phoenix Women Support Group.

For Support with **Drugs, Alcohol Problems or Steroid use**:

Turning Point 0300 1231560 (24-hour), medwayreferrals@turning-point.co.uk

GamCare is the leading provider of information, advice and support for anyone affected by gambling harm
0808 8020 133 www.gamcare.org.uk

For **Housing and care issues**, call daytime Social Services on 01634 334466
Out of hours emergency Social Services on 0845 7266777

Specialist Eating Disorders (bulimia, anorexia) service (assessment and support): 0300 3001980