



If you are in distress, you can get immediate support from trained staff 24-hours a day. Call **0800 107 0160** or text the word **Kent** to **85258**
www.releasethepressure.uk

Safe Havens

If you need to see someone face to face, there are Safe Havens across Kent and Medway which offer friendly support to anyone over the age of 16 living in Kent and Medway. Available between 6pm-11pm, 365 days a year
www.kmpt.nhs.uk/safehavenskentmedway

If you are known to KMPT or need urgent mental health support, advice and guidance, call the 24-hour helpline
0300 222 0123



Talking Therapies

Sometimes it takes more than one conversation to make a difference. You can access a range of NHS therapies from this website
www.nhs.uk/service-search/find-a-psychological-therapies-service

Is your mental health impacting your life, work, money, housing or relationships? Live Well can help through a range of groups, programmes and services. Find out more at
www.livewellkent.org.uk



24 Hour Kent DEMENTIA HELPLINE

For a confidential service offering support and guidance for people with dementia and their carers call **0800 500 3014** or visit
www.dementiafriendlykent.org.uk