

Local Mental Health Services for Young People

Sevenoaks

South West Kent Mental Health Access Service

Age range: 16 +

Address: 3 St John's Rd. Sevenoaks TN13 3LR

Contact number: 02893 709211

Summary: NHS service providing services for members of the community who are suffering from Mental Health issues

Website:

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

'SAFE for Kent'

Age range: Young People

Where: House in the Basement, The Stag Cinema. London Road. Sevenoaks TN13 1ZZ

When: Every Wednesday 5.30pm

Summary: Safe spaces are places where you can come to chill out, do something fun and talk to our Safe volunteers.

Website: www.safekent.org.uk

School Nurse (Kent NHS)

Contact number: 0300 123 3169

Email: kcht.SNT-swan@nhs.net

Maidstone, Tonbridge & Malling

Kent & Medway NHS & Social Care Partnership Trust

Age range: All ages

Address: Trust Headquarters. Hermitage Lane ME16 9PH

Contact number: 0300 2220123 (24/7) or 01795514528

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

Summary: Provides mental health, learning disability and substance misuse services

'SAFE for Kent'

Age range: Young People

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

When: First Friday of the Month 4pm

Summary: Safe spaces are places where you can come to chill out, do something fun and talk to our Safe volunteers.

Website: www.safekent.org.uk

School Nurses (Kent NHS)

Maidstone Contact Number: 01622 226061

Email: kcht.maidstoneschoolnurses@nhs.net

Tonbridge & Malling

Contact Number: 01732 221162

Email: kcht.sch-larkfield@nhs.net

Local Mental Health Services for Young People

Maidstone, Tonbridge & Malling continued

Tonbridge & Malling Visiting Support Service (Richmond fellowships)

Age range: All ages

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

Contact number: 01732 773674

Email: richmondfellowship.org.uk

Website: richmondfellowship.org.uk

Summary: this is a visiting support service

Carers First South-West Kent

Age range: All ages

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

Contact number: 01732 357555

Email: Fiona.baptie@carersfirst.org.uk

Summary: have a dedicated mental health team to provide support to anyone in South West 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

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

Local Mental Health Services for Young People

Tunbridge Wells

Tunbridge Wells Mental Health Resource

Age range: All ages

Address:

Tunbridge Wells & District Bipolar Group
The Hub, 2A Grosvenor Park, Tunbridge Wells
Kent TN1 2BD

Contact number: 01892 615552

Email: enquiries@twmhr.org.uk

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

Summary: a registered charity providing 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 take back control of their lives and increase their self-confidence.

OCD UK

Age range: All ages

Address: Room 2 Manna Café/Christ Church
High Street, TW, Kent TN1 1UT

Contact number: 07917 207714

Email: ashley@ocduk.org

Website: <http://www.ocduk.org/tunbridgewells>

Summary: informal meeting group – promotes the belief that recovery from OCD is achievable.

School Nurse (Kent NHS)

Contact number: 0300 7900244

Email: kcht.twschoolnursing@nhs.net

South West Kent Psychology & Specialist Psychology Service

Age range: All ages

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

Contact number: 01892 709225

Website:

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

Summary: organised into 3 tiers:
Primary Care Psychological Therapies Service
Secondary Care Psychology
Specialist Psychotherapy Service

Tunbridge Wells Samaritans

Age range: All ages

Address: 7 Lime Hill Rd, TW, Kent TN1 1LJ

Contact number: 01892 532323 (24 hours)

Email: jo@samaritans.org

Website:

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

Summary: Confidential, non-judgemental support

'SAFE for Kent'

Age range: Young people

When: Every Wednesday 12.30pm

Where: TWIGGS, St Gregory's School,
Bennett (Fridays 12.30pm)

Bean Café, 68 St John's Rd TW.

(4pm 2nd Monday of each month)

Website: www.safekent.org

Summary: safe space to chill and talk to Safe volunteers