



Children's Mental Health Services

www.kent.gov.uk/wellbeingfamilies
www.moodspark.org.uk



Kent Children and Young People's Single Point of Access

Concerned about a young
person's mental health?
Not sure what help is
needed? Call the Single
Point of Access (SPA)

0300 1234496



For children aged 10-16
in need of mental health
support, including
online counselling
www.kooth.com



Get support. Take control. Feel better.

For young people
aged 16-18 in need of
mental health support,
including online
counselling

www.togetherall.co.uk



Need support now? Text
Kent to **85258** for in-the-
moment help. We are here
for everyone, any age, 24/7
www.releasethepressure.uk



For girls aged 10 to 16
at risk of experiencing
unhealthy or abusive
relationships, or for
their concerned parents
[www.barnardos.org.uk/what-we-do/
services/befree-positive-
relationships](http://www.barnardos.org.uk/what-we-do/services/befree-positive-relationships)



Children and Young People's Counselling Service

For children aged 4-19
struggling with their
emotional health
0300 123 4496
[www.kentcht.nhs.uk/
school-health](http://www.kentcht.nhs.uk/school-health)



Adult Mental Health Services

www.kent.gov.uk/wellbeing



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