



Urgent Help Handout

If you are feeling unsafe we would encourage you to keep in contact with your GP. If you feel you need some immediate support outside of your appointments and/or normal working hours, the following organisations are available, and we would encourage you to use them.

Immediate Support

To make an urgent appointment with the **Out-of-hours GP** call **111**. You can also get immediate psychological support at your local **A & E**.

Crisis Support Team

This single telephone number is available 24/7 if you need mental health advice and support. It can be used for yourself as well as on behalf of family members.

Telephone: 0300 222 0123

Access for the hearing impaired: 0786 002 2819

Samaritans

Providing confidential emotional support 24 hours a day on the telephone or online

UK Helpline: 116 123

Free phone local number: 01227 457 777

Email: jo@samaritans.org

Shout

The UK's first 24/7 free crisis text service offering support anywhere, anytime.

Text Number: 85258

Release the Pressure

Confidential and free 24 hour support from various charities Kent County Council, Medway Council and NHS partners.

Text: "Kent" or "Medway" to 85258

Visit: <https://www.kent.gov.uk/social-care-and-health/health/release-the-pressure#speak-to-someone>

Mental Health Matters

Providing confidential emotional support 24 hours a day on the telephone and online

UK Helpline: 0800 107 0160
Call from mobiles: 0300 330 5486

Email: timeonline@mentalhealthmatters.co.uk

Also access time online; an online instant messaging service staffed with a team of highly trained support workers who use counselling skills to provide appropriate emotional guidance and information.

<http://www.mentalhealthmatters.com/our-services/helpline-services/time-online/>

Self Help Support and Information

Living Life to the Full - www.lltff.com

Those who are experiencing distress, low mood or worry. Cognitive Behavioural Therapy based techniques to help you understand and improve the way you feel through coping techniques.

Live it Well - www.liveitwell.org.uk

Designed to help maintain wellbeing and to link you up with what is available locally for you to access.

MIND - www.mind.org.uk

Mental health charity which provides advice and information regarding mental health issues and has local facilities which provide additional support.

Rethink - www.rethink.org

Providing good information and advice about what is available for you locally to access including; crisis info, employment, housing, carers' support etc.