



### 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](http://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](http://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.releasepressure.uk](http://www.releasepressure.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](http://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](http://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](http://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](http://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](http://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](http://www.dementiafriendlykent.org.uk)