

## Canterbury Self-referral Mental Health Useful Resources

<b>Self – Help Links and Mental Health Apps</b>		<b>Alcohol and substance Misuse Related Counselling</b>	
NHS Inform Scotland	<a href="https://www.nhsinform.scot/illnesses-and-conditions/mental-health">https://www.nhsinform.scot/illnesses-and-conditions/mental-health</a> Self- help booklets for several Mental Health Conditions	Forward – Canterbury and Swale	<a href="https://www.forwardtrust.org.uk/service/canterbury-and-swale-service/">https://www.forwardtrust.org.uk/service/canterbury-and-swale-service/</a> Online self- referral, consultations and chat Tel: 01795 411 780, (Monday to Friday, 9am to 5pm)
NHS Northumberland	<a href="https://web.ntw.nhs.uk/selfhelp/">https://web.ntw.nhs.uk/selfhelp/</a> Self help leaflets	<b>Domestic Abuse</b>	
Together All (formerly Big White Wall)	<a href="https://togetherall.com/en-gb/">https://togetherall.com/en-gb/</a> Online guided support and counselling	National Domestic Abuse Helpline	<a href="https://www.nationaldahelpline.org.uk/">https://www.nationaldahelpline.org.uk/</a> Free 24 hr Helpline: 08082000247
Mental Health Matters	<a href="https://www.mhm.org.uk/">https://www.mhm.org.uk/</a> 24 hour confidential and free helpline and webchat Tel: 08001070160, Email: info@mentalhealthmatters.co.uk	Rising Sun – Canterbury	<a href="http://www.risingsunkent.com/">http://www.risingsunkent.com/</a> Helpline: 01227 452852 Mon - Fri: 9:00am - 5:00pm
Mind	<a href="https://www.mind.org.uk/">https://www.mind.org.uk/</a> Mental Health charity Phone: 0300 123 3393 (Monday to Friday 9am to 6pm); Helplines include: Mind Infoline, Legal line, Blue Light Infoline	Domestic Abuse Support Services	<a href="https://www.domesticabuseservices.org.uk/">https://www.domesticabuseservices.org.uk/</a> Victim Support on Tel: 0808 168-9111 For Canterbury: <a href="https://www.domesticabuseservices.org.uk/locations/canterbury/">https://www.domesticabuseservices.org.uk/locations/canterbury/</a>
NHS Mental Health App Library	<a href="https://www.nhs.uk/apps-library/category/mental-health/">https://www.nhs.uk/apps-library/category/mental-health/</a> List of Apps recommended by NHS for Mental Health	<b>Finance / Housing</b>	
<b>Talking Therapies (e.g Cognitive behavioural Therapy, Counselling)</b>		Canterbury Housing Advice Centre	<a href="https://www.chac.co.uk/">https://www.chac.co.uk/</a> Tel: 01227762605 free, confidential independent and impartial advice on most housing matter
University Medical Centre Psychological Therapies	<a href="https://www.umcpt.co.uk/referrals/">https://www.umcpt.co.uk/referrals/</a> Tel: 01227469338 Online self referral form , NHS funded service	Porchlight	Tel: 01227 760078 <a href="https://www.porchlight.org.uk/">https://www.porchlight.org.uk/</a> For over 18's who require assistance and advice with housing, financial issues, alcohol and drug abuse and job training
We are with You (formerly ThinkAction)	<a href="https://www.wearewithyou.org.uk/help-and-advice/find-service/how-we-help-mental-health/">https://www.wearewithyou.org.uk/help-and-advice/find-service/how-we-help-mental-health/</a> Tel: 0300 0120012 Online self referral form, NHS funded service	<b>Children and Young Adults</b>	
Insight	<a href="https://www.insightiapt.org/">https://www.insightiapt.org/</a> Online self referral form , NHS funded service	Kooth Online Counselling and Support	<a href="https://www.kooth.com/">https://www.kooth.com/</a> Online Self Help and Community support for 10 to 16 years old. Free and anonymous
Community Counselling Services	<a href="http://www.communitycounsellingservice.org.uk/">http://www.communitycounsellingservice.org.uk/</a> Tel: 01227 766441 Accessible and affordable counselling Canterbury	NHS Gloucestershire website for teens facing mental health Problems	<a href="https://www.onyourmindglos.nhs.uk/all-topics/">https://www.onyourmindglos.nhs.uk/all-topics/</a>
East Kent Rape Crisis Service	<a href="https://www.ekrcc.org.uk/">https://www.ekrcc.org.uk/</a> Support and Crisis lines, Counselling, Independent Sexual Violence Advisory Service. Live chat available. Free service	NHS Kent Children& Young People's Mental Health Service CYPMHS - Age 0-18 or up to 25 if special educational needs	<a href="https://www.nelft.nhs.uk/services-kent-children-young-peoples-mental-health">https://www.nelft.nhs.uk/services-kent-children-young-peoples-mental-health</a> Self referral form, Advice and support for stress, low mood and depression, anxiety, self-harm or difficult to manage behaviours. Canterbury - 0300 300 1984 All Age Eating Disorders Service - 0300 300 198 Autism or ADHD – 03003001622 Web: <a href="https://www.nelft.nhs.uk/nlds">https://www.nelft.nhs.uk/nlds</a>
<b>Crisis Numbers</b>		Kent Youth Health	<a href="https://www.kentyouthhealth.nhs.uk/">https://www.kentyouthhealth.nhs.uk/</a>
NHS Kent and Medway Crisis Team	Website: <a href="https://www.kmpt.nhs.uk/need-help/">https://www.kmpt.nhs.uk/need-help/</a> 24 hour helpline - <b>0800 783 9111</b> text " <b>Kent</b> " to <b>85258</b> for 24 hour crisis support via text	<b>Crisis Numbers (Children and young Adults)</b>	
Samaritans – Also for Children and Young Adults	Tel: 116 123 Email: <a href="mailto:Jo@samaritans.org">Jo@samaritans.org</a> , <a href="https://www.samaritans.org/">https://www.samaritans.org/</a>	Kent Community Health – Single Point of Access	urgent help please call 0800 0113 474 or text the word KENT to 85258.
Mental Health Matters	<a href="#">As above</a>	Childline – NSPCC	<a href="https://www.childline.org.uk">https://www.childline.org.uk</a> , Tel: 0800 1111