

SUPPORTING MEOPHAM super neighbours Support Services

Company/Name	Type of service eg Client group	Area covered	Telephone number	Website/Facebook Page	Email address	Additional information
Every Mind Matters	Mental Health support group	All		www.kent.gov.uk/everymindmatters		24 hours a day, 7 days a week
Samaritans	Free 1-1 confidential support for those who are feeling distress or despair including those feelings which may lead to suicide	All	Call FREE on 116 123	https://www.samaritans.org/	jo@samaritans.org (response time - 24 hours)	24 hours per day 365 days a year, currently no face to face meetings
Choices (formally known as NWK Womens Aid)	One stop shop for all victims of domestic abuse	North West Kent	-7392741309	www.choicesdaserice.org.uk		
CALM Campaign Against Living Miserably	Leading movement against suicide	All	0800 58 58 58	https://www.thecalmzone.net/		5pm-midnight, 365 days a year plus webchat is available
The Silverline	Free confidential help line for older people open 24hrs a day	Anywhere	0800 4708090	www.thesilverline.org.uk		
LIVE WELL KENT	support help for mental and physical health for anyone over 17 years of age	Darford, Swanley and Gravesham	0800 567 7699	https://livewellkent.org.uk/in-your-area/dartford-gravesham-swanley/	info@livewellkent.org.uk	Still taking referrals
North Kent Mind Wellbeing Services	Support and activities to promote good mental health and wellbeing	Darford, Swanley and Gravesend	01322 29138	www.northkentmind.co.uk	admin@northkentmind.co.uk	
Young Minds	Support for young people experiencing mental health problems	All	text Ymto 85258 or Parents Helpline – call 0808 802 5544	www.youngminds.org.uk		24 hours, 7 days a week
Victim Support	Support for all victims of violence	Anywhere	0808 168 9276	www.victimsupport.org.uk		
Citizens Advice Bureau	Wide range of free advice including debt, benefits and housing	North West Kent	0300 330 9001	www.orgcitizensadvice.org.uk	advice@nwk.cab.org.uk	No face to face interviews at present
Gravesham Food Bank	Helping local people in crisis, Emergency food parcels, must have a valid foodbank voucher.	Gravesham	01474 559 555	www.gravesham.foodbank.org.uk	info@graveshamfoodbank.org.uk	Open Tues-Fri 10.00-12.30
Age UK North West Kent	A wide range of services for older people inc hot meals and home support service	North West Kent	01474 564898	www.ageuk.org.uk		Some services currently suspended
Alzheimer's and Dementia Support Services	Multicultural services to provide practical and emotional support to people with dementia, their carers and other relatives.	Gravesham	01474 533990	www.alz-dem.org	info@alz-dem.org	24 hr Kent Dementia Helpline 0800 500 3014
Ellenor	Hospice care for people of all ages, support for families facing ter	North and West Kent, Bexley	01474 320007	www.ellenor.org	info@ellenor.org	Some services currently suspended, see website
KCC - Kent Together	A 24 hour helpline has been set up to support vulnerable people in Kent who need urgent help, supplies or medication.	All	03000 41 92 92	http://www.kent.gov.uk/KentTogether		24 hr, 7 days a week
North West Kent Volunteers Centre	Working with Gravesham Borough Council to get vital supplies and medication to the community	Gravesham	01322 272476	www.nwkvunteers.org.uk	Kirsty.McHattie@nwkvunteers.org.uk	
Hi Kent	Sound support for deaf and hard of hearing people, Provide hearing aid batteries	Kent	01622 691151 SMS 07939 593030	www.hikent.org.uk	enquires@hikent.org.uk	Clinic at St Johns currently closed. Batteries, Domes and Tubes can be collected from Maidstone or sent by post. See website for details. Batteries can also be bought at Boots or online from Amazon