

Other useful resources

Mental Health Referrals and Wellbeing Advice	
NHS Community School Nursing Teams	<p>Support for students with emotional wellbeing concerns, self referrals available</p> <p>Kent https://www.kentcht.nhs.uk/service/school-health/</p> <p>East Sussex https://www.kentcht.nhs.uk/service/schoolhealth/school-health-service-east-sussex/</p>
CAMHS Resources (not contact for CAMHS services)	<p>This site was created for young people, carers and professionals to pool together lots of helpful resources from across the internet that are available to help support your mental health and well-being</p> <p>https://www.camhs-resources.co.uk/</p>
West Kent Mind	<p>Resource for young people and families to gain support https://westkentmind.org.uk/ Email: hello@westkentmind.org.uk 01732 744950</p>
Young Minds	<p>Resource for young people and families to gain support https://youngminds.org.uk/ Email: ymentquiries@youngminds.org.uk 0808 802 5544 (9.30am-4pm Mon to Fri) Parents' helpline</p>
Nacoa The National Association for Children of Alcoholics	<p>Providing information, advice and support for everyone affected by a parent's drinking http://nacoa.org.uk/</p> <p>FREE Helpline 0800 358 3456</p>
Tonbridge LGBTQ+ Support Group Early Help and Preventative services	<p>A fun, chilled and confidential group for young people aged 13 to 19. Come along for advice, support, fun and friends.</p> <p>Dione has this to say: 'We have had this group going for a few years and are keen to reach new young people. We provide lots of different activities such as virtual craft, quizzes, cooking and much more! When we return to the youth group the activities are similar but we meet in person for 2 hours. We can also talk to any young people or parents beforehand if they are worried about attending the session. All sessions are held via Microsoft Teams so are easily accessible. Young people can also choose how much they want to participate'</p>

	Contact: Carol Tanner carol.tanner@kent.gov.uk / 03000419510 Dione Jarvis - dione.jarvis@kent.gov.uk
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Digital Wellbeing Services and Apps

StayAlive App	https://www.prevent-suicide.org.uk/find-help-now/stay-aliveapp/ A suicide prevention resource to support young people keeping safe in a crisis. You can also use this if you are worried about someone else considering suicide
Calm Harm App	https://calmharm.co.uk/ Helping to resist the urge to self-harm
Kooth.com	Online counselling and support and resources for young people Monday – Friday 12pm – 10pm Saturday – Sunday 6pm – 10pm https://www.kooth.com/
Chat Health	A confidential texting service for young people aged 11-19 in Kent. Young people can talk about stress, anxiety, depression and really anything they need emotional support in Text: 07520 618850 Mon to Fri 9am to 5pm
Reachout Youth	Providing support to 13-19 year olds experiencing emotional or mental health difficulties. Offering: •Weekly virtual peer support groups •One-to-one telephone support •Weekly support packs, including tips for managing wellbeing More information can be found on facebook page https://www.facebook.com/MHReachoutYouth/ and website https://www.mentalhealthresource.org.uk/reachout-youth
Childline Call 0800 1111	https://www.childline.org.uk/get-support/contacting-childline/ An online support service as well as the phone line. Contains a safe 'locker' to access support, message boards, 1:1 counselling, calm zone and mood tracker
Blueice App	https://www.oxfordhealth.nhs.uk/blueice/ Blueice is a prescribed evidence-based app to help young people manage their emotions and to reduce urges to self-harm.

	It includes a mood diary, toolbox of evidence based techniques to reduce distress and automatic routing to emergency numbers if urges to harm continue.
The BeYou Project	<p>The BeYou Project connects young people in Kent who are lesbian, gay, bisexual, trans, non-binary or are questioning their sexual orientation and / or gender identity.</p> <p>We offer a safe, welcoming and non-judgemental space where young LGBT+ people can meet to socialise, have fun and help each other.</p> <p>Support will be carried out over the phone or online using Zoom or WhatsApp instead of meeting face-to-face. The project can also support parents and carers with their questions, offering support and advice.</p> <p>Contact the team by email: beyou@porchlight.org.uk</p>

Catch it App	<p>https://www.liverpool.ac.uk/csd/app-directory/catch-it/</p> <p>Catch It is a joint project between the Universities of Liverpool and Manchester, to help users better understand their moods through use of an ongoing diary.</p> <p>The app was designed to illustrate some of the key principles of psychological approaches to mental health and well-being, and specifically Cognitive Behavioural Therapy (CBT).</p>
MeeTwo App	<p>https://www.meetwo.co.uk/</p> <p>Provides a safe and secure forum for teenagers wanting to discuss any issue affecting their lives.</p> <p>You can anonymously get advice from experts or other teenagers going through similar experiences in areas such as mental health, self-harming, relationships and friendships.</p>

Bereavement Support

Jigsaw South East	<p>Information, advice and guidance to help and support bereaved children and young people and for those facing a loss of a loved one during the Coronavirus outbreak and beyond Contact us: www.jigsawsoutheast.org.uk / info@jigsawsoutheast.org.uk</p> <p>Covid-19 crisis Bereavement Helpline 01342 313895 9am - 12 noon, Monday - Friday, Calls out of these hours are monitored</p>
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<p>Bereavement Support for Children Young People & Families</p> <p>The Counselling Centre, Tunbridge Wells</p>	<p>https://www.thecounsellingcentre.org.uk/bereavement/bereavement-support/</p> <p>The Counselling Centre began as a bereavement support service in 1989. Since then they have been providing mental health support through affordable, accredited counselling within Tunbridge Wells and surrounding communities.</p> <p>Email: info@thecounsellingcentre.org.uk</p>
<p>Child Bereavement UK</p>	<p>Advice for parents https://www.childbereavementuk.org/Pages/Site/youngpeople/Category/helping-a-young-person</p> <p>Advice for students https://www.childbereavementuk.org/get-support</p> <p>Helpline 0800 02 888 40</p>
<p>Holding On, Letting Go</p>	<p>http://holdingonlettinggo.org.uk/ Email: info@holg.org.uk 03445611511</p>
<p>Winston's Wish</p>	<p>https://www.winstonswish.org/ Email: ask@winstonswish.org 08088 020 021</p>

Keeping families safe

<p>Domestic Violence UK</p>	<p>Domestic Violence UK have compiled a list of 73 organisations providing either helplines, call-backs or email and web chat support services. This list can be accessed via the attached link; https://domesticviolenceuk.org/online-signposting-directory/</p>
<p>DAVSS Domestic Abuse Volunteer Support Service</p>	<p>To ensure that vulnerable victims of abuse get the support they need at this difficult time, they have expanded volunteer support services via the helpline - doubling opening hours and providing a named volunteer Advisor working from home to support people by telephone for as long as needed.</p> <p>Helpline is open Monday – Friday between 10am – 4pm. 01892 570538</p> <p>They continue to accept referrals from partner organisations and self-referrals via our website: https://www.davss.org.uk/referral/</p>

<p>We are with you</p> <p>(Formally Addaction and Thinkaction)</p>	<p>https://www.wearewithyou.org.uk/</p> <p>Free confidential support with drugs, alcohol or mental health.</p>
<p>'Thinkuknow'</p> <p>NCA-CEOP</p>	<p>Thinkuknow is the education programme from NCA-CEOP, a UK organisation which protects children both online and offline.</p> <p>They have a space for 11-13 and 14+ students, plus a section for Parents and Carers</p> <p>https://www.thinkuknow.co.uk/</p>

Support Schemes / Community Hubs	
<p>Kent Together Helpline</p>	<p>A new 24-hour helpline has been set up to support vulnerable people in Kent who need urgent help, supplies or medication.</p> <p>The helpline – called Kent Together – provides a single, convenient point of contact for anyone in the county who is in urgent need of help during the Coronavirus outbreak.</p> <p>If you are vulnerable and have an urgent need that cannot be met through existing support networks, you can contact the Kent Together helpline at www.kent.gov.uk/KentTogether or by calling on 03000 41 92 92.</p>
<p>Tunbridge Wells</p>	<p>https://www.tunbridgewells.gov.uk/coronavirus/advice-and-support-for-residents/voluntary-organisations</p>
<p>East Sussex</p>	<p>Coronavirus - community support – East Sussex County Council</p>
<p>Tonbridge and Malling</p>	<p>Community Support telephone line 01732 876152</p> <p>https://www.tmbc.gov.uk/services/community-and-living/coronavirus-covid-19-information-for-community</p>
<p>Maidstone</p>	<p>https://maidstone.gov.uk/home/other-services/covid-19/tier-2-primary-areas/need-support</p>

Kent Support and Assistance Scheme for those in crisis	<p>The Kent Support and Assistance Service (KSAS) may be able to help you if you are having serious difficulties managing your income due to a crisis or if you are facing exceptional pressures because of an emergency.</p> <p>The support can be accessed via https://www.kent.gov.uk/social-care-and-health/care-and-support/benefits/home-essentials-in-a-crisis</p>
Foodbanks	
Find a foodbank tool using a postcode	<p>The following website can be used to identify local foodbanks https://www.kent.gov.uk/social-care-and-health/care-and-support/benefits/home-essentials-in-a-crisis/find-a-foodbank</p>
Tonbridge & Malling	<ul style="list-style-type: none"> • Nourish (South Tonbridge) https://www.nourishcommunityfoodbank.org.uk/link-to-us/ • Sustain Community Foodbank - Baptist Church (North Tonbridge) Darenth Avenue TN10 3HZ Tel: 01732 352824 jemma.graffin@tonbridgebaptist.church Open: 9.30 – 16:30 • FareShare - East Malling Centre Chapman Way, East Malling ME19 6SD Tel: 01732 846314 office.eastmallingscentre@gmail.com (opening times can be found on the FB page)
Maidstone	<ul style="list-style-type: none"> • Maidstone Family Foodbank Tel: 01233 500477 familyfoodbank@children-families.org https://www.familyfoodbank.org/contact-us.html • Greenfields Children Centre 5 Rutland Way, Maidstone ME15 8DR Have stocks to 1-2 bags per family, but need to use contact below to arrange parcels, as children's centres are closed. Kareen McKeown: 07810 544460 • Salvation Army Marion.rouffet@salvationarmy.org.uk
Tunbridge Wells	<p>Nourish https://www.nourishcommunityfoodbank.org.uk/link-to-us/</p> <p>Referrals only via agencies, please contact welfare staff at school. Nourish do not accept self-referrals.</p> <p>Administrative Enquiries: admin@nourishcommunityfoodbank.org.uk</p>

All other queries should be directed to
office@nourishcommunityfoodbank.org.uk

Pembury Larder

[https://www.pemburybaptistchurch.org/?what-we-doing&global\[_id\]=48](https://www.pemburybaptistchurch.org/?what-we-doing&global[_id]=48)

The Community Store House – Paddock Wood, The Wesley Centre, Commercial Road, Paddock Wood TN12 6DS
Self-referrals taken with ID evidence or via referral agency with a voucher (more information via link below)

Normal Opening Hours – Tuesday 13.00 – 15.00, Thursday 09.30 – 11.30

07582 142948

<https://communitystorehouse.co.uk>