

## Help with mental illness

**Emergency:** Samaritans 116 123 24 hour telephone help line  
Email: [jo@samaritans.org](mailto:jo@samaritans.org)  
Shout 85258 24 hour text service for support in a crisis

### Mental Health Support

Mind	Mind.org.uk Mental health charity for England & Wales Mind info line: 0300 123 3393 Email: <a href="mailto:info@mind.org.uk">info@mind.org.uk</a>
Elefriends	Friendly, safe and supportive online community for people experiencing mental health problems, moderated by Mind <a href="http://Elefriends.org.uk">Elefriends.org.uk</a>
Rethink	Rethink.org Mental health charity seeking to improve the lives of those severely affected by mental illness <a href="http://Rethink.org">Rethink.org</a> Advice service: 0300 5000927  Nearest Rethink, 37 Vine Court Road, Sevenoaks, TN13 3UY 01732 742351
Fegans	Counselling children and providing parent support 01892 538288 Email: <a href="mailto:info@fegans.org.uk">info@fegans.org.uk</a>
Anxiety UK	Support, help and information for people experiencing anxiety <a href="http://Anxietyuk.org.uk">Anxietyuk.org.uk</a> Help Line: 0844 477 5774
Depression UK	A self help organisation made up of individuals and local groups <a href="http://Depressionuk.org">Depressionuk.org</a>
Beat	Information on eating disorders, online community and a directory of support services Adult helpline: 0345 634 1414 Youthline: 0345 634 7650 Web site: <a href="http://b-eat.co.uk">b-eat.co.uk</a>

## Self Referral

Cognitive Behavioural Therapy (CBT) is a form of psychological therapy that helps you understand and recognise how some of your thoughts can affect your actions and behaviour (in turn influencing the way you feel)

It can be provided online or in person by the NHS

More details: [www.iesohealth.com/westkent](http://www.iesohealth.com/westkent)

## Other Support

Cruse Bereavement    Charity providing information and support after someone has died.  
Cruse.org.uk  
Help line: 0844 477 9400

Citizens Advice        for free, impartial information and advice  
within Cranbrook Library, Carriers Road, Cranbrook. TN17 3JY  
Open Monday, Wednesday and Friday 9.30am to 5.30pm  
01580 714936

NHS Direct                Information on all medical conditions  
[www.nhs.uk](http://www.nhs.uk)

Your GP

Tenterden  
Mindfulness Group    Provides Mindfulness training  
[www.tenterdenmindfulness.co.uk](http://www.tenterdenmindfulness.co.uk)

Wellbeing in  
The Weald                Aims to organise and promote wellbeing activities in the Weald  
currently based on Cranbrook. A choir, gardening, walking and social  
groups.  
[www.wellbeingintheweald.co.uk](http://www.wellbeingintheweald.co.uk)

This information is up to date as at 11.09.19. We would be very grateful to know of any errors.