

# A brief A to Z of mental health services

Support services, organisations and charities that offer information, advice and support around mental health and managing finances across the South East.

Company and contact	Description
<b>Confidence Coach</b> <a href="http://www.andreabarker.co.uk">www.andreabarker.co.uk</a> 07973 442 056	Andrea Barker helps people with all aspects of feeling confident, whether for an interview, to feel more confident in their job, presenting, or generally feeling happier about themselves and saying 'Yes' to what they want. Andrea uses hypnotherapy if needed and, as a qualified trainer, delivers workshops and courses across Kent.
<b>CALM Campaign Against Living Miserably</b> <a href="http://www.thecalmzone.net">www.thecalmzone.net</a>	The Campaign Against Living Miserably (CALM) is an award-winning charity dedicated to preventing male suicide, the single biggest killer of men under the age of 45 in the UK. In 2015, 75% of all UK suicides were male.
<b>Crossways Community</b> <a href="http://crosswayscommunity.co.uk">crosswayscommunity.co.uk</a>	Crossways Community has been helping people with mental health issues for over fifty years and is the largest mental health charity serving West Kent. We work with businesses to make them more aware of mental health issues and to help them build mental resilience within their organisation.
<b>FSB Care</b> <a href="http://www.fsb.org.uk/fsbcare">www.fsb.org.uk/fsbcare</a> 0808 2020 888	Your medical welfare is important. If the worst should happen and you're diagnosed with a serious health condition, including stress or depression, FSB offers members free access to a personal nurse advisor. They'll provide you with practical information and emotional support.
<b>Heads Together</b> <a href="http://www.headstogether.org.uk">www.headstogether.org.uk</a>	Too often, people feel afraid to admit that they are struggling with their mental health. This fear of prejudice and judgement stops people from getting help and can destroy families and end lives. Heads Together wants to help people feel much more comfortable with their everyday mental wellbeing and have the practical tools to support their friends and family.

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<p><b>Inspired to Change</b>  <a href="http://www.inspiredtochange.biz/hypnotherapy-maidstone">www.inspiredtochange.biz/hypnotherapy-maidstone</a></p>	<p>Inspired to Change Hypnotherapy led by Ali Hollands is the leading provider of Solution Focused Hypnotherapy Services in the UK. We use modern, clinically proven techniques to help our clients achieve positive outcomes.</p>
<p><b>Insightful Minds</b>  <a href="http://insightfulminds.co.uk">insightfulminds.co.uk</a>             07815 904 848</p>	<p>Insightful Minds caters for midlife business owners and their employees who are experiencing chronic health issues such as anxiety, depression and long term illness. An integrated approach using solution focused coaching and therapies is used. Sessions are offered on a 1-1 and group basis. Mindfulness Meditation, Reiki and Neuro Linguistic Programming training is available</p>
<p><b>Kent County Council</b>            Mental health support  <a href="http://www.kent.gov.uk/social-care-and-health/health/mental-health">www.kent.gov.uk/social-care-and-health/health/mental-health</a></p>	<p>Mental health problems can affect any of us at any time in our lives. For most people who experience mental health issues, your first place to get help should be your doctor, who can often refer you to other professionals. Working out what to say to your doctor about your mental health can be hard. Doc Ready is a free service which could help you prepare for your first visit.</p>
<p><b>Kent County Council</b>             Suicide prevention team             Freephone 0800 107 0160</p>	<p>Life can get really tough sometimes, but talking can help. We have a highly trained and experienced team available 24/7 to provide you with confidential support to get you back on track. So if you are beginning to feel the pressure, don't suffer in silence. Make the call. Freephone 0800 107 0160</p>
<p><b>Kent County Council</b>             Business loans and funding   <a href="http://www.kent.gov.uk/business/business-loans-and-funding">www.kent.gov.uk/business/business-loans-and-funding</a></p>	<p>Including information on the South East Business Boost, the Kent Life Science Fund and how to hire an apprentice</p>
<p><b>Maxwell Davies</b>            Maxwelldavies.com</p>	<p>Professional advice and personal solutions to debt.</p>

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<p><b>MentalHealth at Work</b> Mentalhealthatwork.org.uk</p>	<p>Whether you work with 10 people, 10,000 people or just yourself, paying attention to mental health in the workplace has never been more important.</p> <p>Find documents, guides, tips, videos, courses, podcasts, templates and information from key organisations across the UK, all aimed at helping you get to grips with workplace mental health.</p>
<p><b>MIND</b> westkentmind.org.uk/mental-health-action-groups</p>	<p>West Kent MIND Mental Health Action Groups (MHAGs) provide local forums for mental health information, support and expertise across Kent. MHAGs welcome everyone to work in partnership to improve the lives of people living with or affected by mental health problems.</p>
<p><b>Pecunia 2016</b> Pecunia2016.co.uk</p>	<p>Preventing problems arising rather than simply curing them. Reviewing credit policies, procedures and documentation. Assisting with all things cashflow and debt recovery.</p>
<p><b>Time to Change</b> www.time-to-change.org.uk 020 8215 2356</p>	<p>Time to Change is a growing social movement working to change the way we all think and act about mental health problems. We've already reached millions of people and begun to improve attitudes and behaviour, it can be really hard to open up about mental health at work: 95% of people calling in sick with stress give a different reason. That's why we work with more than 800 employers to change attitudes to mental health in their workplace.</p>
<p><b>St Barnabas House Counselling and Therapy Centre, Gillingham</b> <a href="http://www.stbarnabashouse.co.uk">www.stbarnabashouse.co.uk</a></p>	<p>Apart from counselling, aromatherapy and osteopathy we offer kindness, courtesy, sound information and prompt action when requested. Because there is much confusion and mystique around different counselling and therapeutic techniques, it is often hard for an enquirer to know which discipline, or which particular practitioner, might best suit their needs, or indeed where they can find an appropriately trained and experienced professional whom they can trust. We have the experience in matching clients to counsellors.</p>

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<p><b>Samaritans</b></p> <p>samaritans.org</p> <p>116 123</p>	<p>We offer a safe place for you to talk any time you like, in your own way – about whatever’s getting to you. You don’t have to be suicidal.</p>
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