



Resources and further support

Useful contacts

West Kent Mind 01732 744950 / hello@westkentmind.org.uk
NHS 111 / option 2

Wellbeing Resources

Learn more about the Six Ways to Wellbeing <https://westkentmind.org.uk/i-want-to-learn/info-resources/6-ways-to-wellbeing/>

Action for Happiness 10 keys to happier living <https://www.actionforhappiness.org/10-keys-to-happier-living>

CALM The no. 1 app for relaxation <https://www.calm.com/>

CALM breathing dot <https://www.calm.com/breathe>

NHS Every Mind Matters Get your Mind Plan: <https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/>

Headspace <https://www.headspace.com/> - Less stressed. More resilient. Happier. It all starts with just a few minutes a day.

Support with debt and managing money

Signposting and links available at: <https://www.mind.org.uk/information-support/tips-for-everyday-living/money-and-mental-health/getting-support/>

Useful sites for signposting information

<https://hubofhope.co.uk/>

<https://westkentmind.org.uk/i-want-to-learn/info-resources/useful-resources/>

Listening and crisis support services

Samaritans	Call 116124
Shout	Text SHOUT to 85258
Release the Pressure	Call 0800 107 0160.

Open 24 hours a day, 7 days a week. The helpline has a team of highly trained and experienced support workers who provide emotional guidance and information.

Further information about specific mental health conditions

<https://www.mind.org.uk/information-support/a-z-mental-health/>

<https://www.rethink.org/advice-and-information/about-mental-illness/>