



Service	Number	Website	Other contact details
<b>Services in Kent and Medway</b>			
Release the Pressure	Text Kent or Medway to 85258	<a href="http://www.releasethepressure.uk">www.releasethepressure.uk</a>	
Single Point of Access	0800 0113474	<a href="http://www.nelft.nhs.uk/services-kent-medway">www.nelft.nhs.uk/services-kent-medway</a>	
Kooth		<a href="http://www.kooth.com">www.kooth.com</a>	Download the Kooth App
Medway young person's wellbeing service	0800 0113473	<a href="http://www.nelft.nhs.uk/services-medway-young-persons-wellbeing">www.nelft.nhs.uk/services-medway-young-persons-wellbeing</a>	
Emerge project	0798313621 5	<a href="http://www.emergeadvocacy.com/medway-maritime-hospital/">www.emergeadvocacy.com/medway-maritime-hospital/</a>	email <a href="mailto:hellomedway@emergeadvocacy.com">hellomedway@emergeadvocacy.com</a>
<b>National Services</b>			
Better Health – Every Mind Matters		<a href="http://www.nhs.uk/oneyou/every-mind-matters">www.nhs.uk/oneyou/every-mind-matters</a>	
Childline	08001111.	<a href="http://www.childline.org.uk/get-support/1-2-1-counsellor-chat">www.childline.org.uk/get-support/1-2-1-counsellor-chat</a>	
Young Minds	0808 802 5544	<a href="https://youngminds.org.uk">https://youngminds.org.uk</a>	If you need urgent help, text YM to 85258
MiLife		<a href="https://www.milife.org.uk">https://www.milife.org.uk</a>	
Mind	0300 123 3393	<a href="https://www.mind.org.uk">https://www.mind.org.uk</a>	Email: <a href="mailto:info@mind.org.uk">info@mind.org.uk</a> Text: 86463
The Mix	0808 808 4994	<a href="https://www.themix.org.uk">https://www.themix.org.uk</a>	
Togetherall		<a href="http://www.togetherall.com">www.togetherall.com</a>	

