



Christmas Signposting Support For Families

Professionals Leaflet

Mental Health Support

Mid Kent Mind are the local branch of the mental health charity 'Mind' - based in Maidstone and covering Maidstone, Swale, Ashford and the surrounding areas. The organisation offer a range of support which you can access - and this support will continue to be available over the Christmas period, although there will be some slight closures to services between Christmas and the start of the New Year. Services which you can access include:

- Community Activity Groups
- Recovery Action Plans
- Low Cost Counselling Service

For details on when services may be suspended over the Christmas period, we recommend keep an eye on www.midkentmind.org.uk During periods when MKM services are not accessible, we recommend contacting Release The Pressure via 0800 107 0160, or Samaritans.

Mid Kent Mind 01622 692383 Mon-Fri 9am-5pm

Samaritans phone 116 123. Available 24 hrs, 365 days a year

Food Banks

The Meadow Children's Centre, Furfield Close, Maidstone ME15 9JR Tel 03000 412700 will be open 29th, 30th and 31st December 9am-5pm for food parcels.

Salvation Army 01622 681808. 74-80 Union Street, Maidstone.
Foodbank sessions Wednesday 1-3pm and Friday 1-3pm.

Maidstone Day centre 01622 674064 Open Mon-Thur 8am-1.30pm Fri 8am-Midday

Family Food Bank 01233 500477

Domestic Abuse

One Stop Shop Open Tuesdays 9.30am-11.30am at Maidstone Community Support Centre, 39-48 Marsham Street, Maidstone ME14 1HH. Victim Support 0808 1689 111

Domestic Abuse Support Line 0737 663 7069 Mon-Fri 9am-5pm

Clarion Domestic Abuse Service Maidstone 0800 2800 367

Other

CAB Maidstone – 08082 505704

Homelessness – Maidstone Borough Council Emergency number 0808 196 3710.

