

List of Useful Organisations for Mediation Clients

MENTAL HEALTH

Name of Organisation	Type Of Help Offered	Telephone No	Email Address/ Website
Mind	Advice & support for anyone with a mental health problem	0300 123 3393	info@mind.org.uk
Young Minds	Support with emotional well-being & mental health for children & young people	020 7089 5050	ymenquiries@youngminds.org.uk
Rethink Mental Illness	Advice & information for anyone affected by mental health problems	0300 5000 927	Via contact form on website www.rethink.org/about-us/our-mental-health-advice
Speakup CIC	Gives a voice to mental health clients living in the South East area	0184 344 8384	admin@speakupcic.co.uk
Sane	Offer range of support to improve quality of life for anyone affected by mental illness	0300 304 7000	Via contact form on website www.sane.org.uk/resources/contact_us
Anxiety UK	Charity providing support if you've been diagnosed with an anxiety condition	08444 775 774	support@anxietyuk.org.uk
West Kent Mental Health Services	Help for people aged 18 and above who are suffering with mild-moderate and moderate-severe mental health issues, such as depression and/or anxiety	0300 012 0012	kca.ashford@nhs.net
Simon Millard Kent Anger Management	Counselling & Support	07811 589431	simon@kentangermanagement.co.uk www.kentangermanagement.co.uk

COUNSELLING

Name of Organisation	Type Of Help Offered	Telephone No	Email Address
St Barnabas House Counselling & Therapy Centre	Counsellors and psychotherapists cover a wide range of general and specialist issues.	01634 851558	info@stbarnabashouse.co.uk
Mike O'Meara	Counselling for variety of issues	07768 294728	
Simon Millard Kent Anger Management	Child Counselling	07811 589431	simon@kentangermanagement.co.uk www.kentangermanagement.co.uk
Samaritans	Will listen to you talk about anything that is getting you down or troubling you – they do not give advice	116 123	jo@samaritans.org

Relateen	Young people service – counselling for young people	East Kent Relate - 01227 766094 North Kent Relate - 01634 380038	www.relate-eastkent.org.uk/teens/relateen.html
Ashford Counselling Service	Counselling for anyone age 17+ experiencing emotional and/or relationship problems, including depression, bereavement, loss, sexual and physical abuse. Service is provided by trained volunteer counsellors. Clients are asked to make a contribution according to income on a sliding scale	01233 610083	info@ashfordcounselling.org.uk
Faversham Counselling	Free counselling service from NHS funded therapist - Ashford	01795 591019	admin@favershamcounselling.co.uk
Insight Healthcare	Free counselling service from NHS funded therapist – Ashford, Canterbury, Whitstable, Herne Bay, Medway, Dartford, Gravesham & Swanley	0300 555 5555	kent@insighthealthcare.org
Think Action Ashford	Free counselling service from NHS funded therapist- Ashford	0300 012 0012	kca.thanet@nhs.net
Psicon Talking Therapies	Free counselling service from NHS funded therapist – Canterbury, Whitstable, Herne Bay	01227 479902	talkingtherapies@psicon.co.uk
Think Action Canterbury	Free counselling service from NHS funded therapist – Canterbury, Whitstable, Herne Bay	01227 781297	kca.canterbury@nhs.net
KMPT Primary Care Psychological Therapies	NHS free Talking Therapy Providers in Dartford Gravesham & Swanley	0800 2799 500	
North Kent Mind	NHS free Talking Therapy Providers in Dartford Gravesham & Swanley	01322 291380	admin@northkentmind.co.uk
Think Action Medway	Free counselling service from NHS funded therapist –Medway	01634 298598	MedwayPTP@kca.org.uk

COUPLES COUNSELLING

Name of Organisation	Type Of Help Offered	Telephone No	Email Address/ Website
Relate East Kent	Relationship Counselling Family Counselling Teen Counselling Sex Therapy Counselling	01227 766094	manager@ekrelate.googlemail.com
Relate North Kent	Relationship Counselling Family Counselling	01634 380038	manager@relatenorthkent.org.uk

	Teen Counselling Sex Therapy Counselling		
Relationship Counselling Kent	Couples counselling for variety of relationship issues	01233 714059 / 07919 108021	sian@relationshipcounsellingkent.co.uk
Helen Harris Marriage Coach & Relationship Therapist	Marriage therapy and relationship counselling in Sevenoaks, Tunbridge Wells, Bromley, Orpington & Maidstone	0741 289 3847	enquiries@helenmiaharris.com
West & Mid Kent Relate	Relationship Counselling Family Counselling Teen Counselling Sex Therapy Counselling	01892 529927	appointments@westmidkent.eclipse.co.uk
Marriage Care	Supporting couple relationships by offering counselling at times of distress or difficulty to help them build, fulfilling healthy relationships, as well as providing counselling support in times of relationship difficulty	0800 389 3801	Contact form via website www.marriagecare.org.uk/contact

ANGER MANAGEMENT & PERSONAL ISSUES COUNSELLING

Name of Organisation	Type Of Help Offered	Telephone No	Email Address/ Website
Simon Millard Kent Anger Management	Anger Management	07811 589431	simon@kentangermanagement.co.uk www.kentangermanagement.co.uk
David Goodlad Canterbury Counselling	Anger Management, internet addictions, eating disorders, stress, gambling , bereavement, sex therapy & counselling	01227 290098	office@davidgoodlad.co.uk
Kent Counselling and Psychotherapy Service	KCPS helps men, women, adolescents, and children in Maidstone and surrounding area. Our practice is in Maidstone Community Support Centre, in the town centre, where a range of services is available including CBT, Counselling, and Psychotherapy.	01622 754853	info@kcps.co.uk
Susan Smith Stress Management Centre	Help for anxiety, panic attacks, confidence issues, presenting skills, anger management, general anxiety disorder, and psychosexual therapy.	020 8460 2528 / 07754 173592	sue@susandsmith.co.uk
Carol Batchelor Counsellor and Psychotherapist	Offers a range of therapies to help with a variety of areas of counselling	01634 261996 / 07957247638	Email via website contact form carolbatchelor.co.uk/contact-carol

Kent Counselling for Individuals	Specialist counselling service for individuals, women, and men to talk about relationships. Specifically designed for individuals to help deal with the pain and disappointment from failed relationships, to help to understand relationships traits and learning how to make better choices for the future.	01622 618760/ 07956 500364	paulacollins32@sky.com
West Kent Human Givens Counselling	Help with anger management, anxiety, depression, phobias, post-traumatic stress disorder, general stress & life changes	01732 469005 / 01732 368640/ 01732 362356	

DRUG AND ALCOHOL ABUSE

Name of Organisation	Type Of Help Offered	Telephone No	Email Address/ Website
Adfam	Advice & support for families dealing with drug & alcohol abuse	020 7553 7640	www.adfam.org.uk
Turning Point	Service aimed at improving lives and communities across mental health, learning disability, substance misuse, primary care, the criminal justice system and employment	020 7481 7600	info@turning-point.co.uk
Talk To Frank	Friendly & confidential drugs advice	0300 123 6600	www.talktofrank.com/contact Live Chat & SMS also available from website
Addaction	Helps to support adults, children, young adults and older people to make positive behavioural changes from alcohol, drugs, or mental health and wellbeing,	020 7251 5860	info@addaction.org.uk
West Kent Recovery Service Maidstone (CGL Maidstone)	Offers a range of services to people living in West Kent to support them to make changes to their drinking and drug use	01622 690 944	
Alcoholics Anonymous	Groups of men and women who support each other by sharing their strengths and own experiences of alcoholism.	0800 9177 650	help@alcoholics-anonymous.org.uk
Kenward Trust	Recovery programmes that offer the hope of a new life for those affected by drug and alcohol misuse.	01622 814187	admissions@kenwardtrust.org.uk
East Kent Community Drug & Alcohol Services	The East Kent Community Drug and Alcohol Service offer a wide range of services to help people who live in East Kent to address their issues with drugs and alcohol.	0300 123 1186	www.rapt.org.uk/content/east-kent-community-drug-and-alcohol-service eastkent@rapt.org.uk

DOMESTIC ABUSE

Name of Organisation	Type Of Help Offered	Telephone No	Email Address/ Website
National Domestic Violence Helpline	Help and advice for sufferers of domestic abuse	0808 2000 247	info@freedomprogramme.co.uk
Rising Sun Domestic Violence & Abuse Charity	Supporting women and girls who are at risk of exploitation & abuse	01227 452852	admin@risingsunkent.com
Sateda – Swale Action To End Domestic Abuse	Confidential advice towards a life free from abuse	01795 417251	admin@sateda.org
Kent Police One Stop Shops	Domestic Abuse One Stop Shops offer free advice, information and support from a range of agencies under one roof to help victims of domestic abuse.	Dover 03000 414941 Folkestone 01303 212720 Ashford 07598 745044 Canterbury 01227 452852 Margate 07926 842 183	
Choices North Kent	Advice and support to any person affected by domestic abuse. We run 4 refuges in North Kent providing secure temporary accommodation for women and their children who have had to leave their home as a result of domestic abuse.	0800 917 9948	info@choicesdaservice.org.uk
Children & Young Peoples Outreach Dover & Thanet	Works with those aged between 11-18 who are/ or have experienced domestic abuse at home	01843 269400	admin@oasisdaservice.org
East Kent Rape Line		0800 458 28 18	info@eastkentrapeline.com
Elder Persons Abuse	Confidential helpline gives information about elder abuse and	0808 808 8141	enquiries@elderabuse.org.uk

	emotional support to anyone concerned about the abuse of an older person		
Family Matters Gravesend	UKs largest charitable, specialist service provider for child and adult survivors of sexual abuse and rape.	01474 537392	admin@familymattersuk.org
Independent Domestic Violence Advisors Kent & Medway	The IDVA Team is available for all victims of domestic violence and abuse across Kent & Medway. IDVAs can support you with risk management and safety, and work with people deemed to be at high risk of harm. They can also offer legal advice and support for civil and criminal issues.	07926 842 183	enquiries@kdac.org.uk
Stonham /Home Group East Kent	Domestic Abuse Floating Support in partnership with Kent County Council offers housing related support to anyone who is experiencing domestic abuse or who has recently experienced domestic abuse	0300 333 5433	floatingsupport@kent.gov.uk
Kent CDAP group	The Community Domestic Abuse Programme is a rolling programme of evening sessions, which is designed to help men who feel their behaviour towards their partner has been, or is still, abusive	East Kent: Tel 07955 039703 West Kent : Tel 07596 228891 Medway Area: Tel 07887 588652	kentcdap@gmail.com
Polish Domestic Violence Helpline	Information and support to Polish people who are experiencing domestic violence.	01270 260106	polishhelpline@cheshirewithoutabuse.org.uk
Domestic Abuse Volunteer Support Service (DAVS)	Domestic Abuse Volunteer Support Service (DAVSS) is a West Kent volunteer based community charity supporting women and men experiencing domestic abuse. Operating in Sevenoaks, Tonbridge & Malling ,Tunbridge Wells, Swanley, Edenbridge, Aylesford & Hawkhurst	01892 570538	office@davss.org.uk
Dandelion Time	Charity helping children and their families fragmented by trauma, abuse and neglect	01622 814001	01622 814001 http://dandeliontime.org.uk

SINGLE PARENTS & SEPARATED FAMILIES

Name of Organisation	Type Of Help Offered	Telephone No	Email Address/ Website
Gingerbread	Charity providing expert advice, practical support and campaign for single parents	0808 802 0925	Contact via website http://www.gingerbread.org.uk/form
One Space	Information website for anyone who is raising children on their		http://www.singleparents.org.uk/about-us

	own		
Single Dad	Online advice and support for single dads		http://www.singledad.com
Only Dads	Online advice and support for single dads		info@onlydads.org http://www.onlydads.org
Dads House	Website helping dads to be dads		http://www.dadshouse.org.uk
Net Mums	Website with online advice and support for single mums		http://www.netmums.com
Single With Kids	Website offering information and ideas for single parent holidays		http://singlewithkids.co.uk
Lone-Parents	Online advice and support for single parents		http://www.lone-parents.org.uk
Homestart	Help for families with young children deal with the challenges they face. We support parents as they learn to cope, improve their confidence, and build better lives for their children.		Contact via website https://www.home-start.org.uk
Parent Connection	Information website for separated parents		http://theparentconnection.org.uk
Happy Steps	Website offering information and support for step parents		http://www.happysteps.co.uk

DISABILITIES

Name of Organisation	Type Of Help Offered	Telephone No	Email Address/ Website
4 US 2	Advice and support for families with disabled children		
3H Fund	Charity which makes it possible for disabled people, children and adults to have a memorable and fulfilling holiday enabling the carer to have a break from caring. Can provide grants to families on a low income with a physically or mentally disabled dependant to have a modest holiday in the UK	01892 860207	info@3hfund.org.uk http://www.3hfund.org.uk
Centre for Independent Living Kent (CILK)	Charity provides services developed and shaped by disabled people for disabled people Services include: 1-to-1 Peer Support Information and Guidance Outreach	01233 633187	enquiries@cilk.org.uk

	Project Work Training		
Scope	Online support & information for those with a physical impairment	0808 800 3333	http://www.scope.org.uk/support
Disability Information Service Folkestone (DISK)	Information service for people with a disability, older people, carers, and service providers. Cover a range of topics including benefits, holidays, mobility and transport, care services and self-help/support groups	01303 226464	
Advocacy For All	Provides advocacy services enabling people to make their needs and wishes known	020 8300 9666	info@advocacyforall.org.uk

HOUSING

Name of Organisation	Type Of Help Offered	Telephone No	Email Address/ Website
Local authority	Local Council housing help and advice		Website to find information on Local Housing Authority for individual areas http://www.liveitwell.org.uk/support-help/housing-help-and-advice
Shelter	Offers advice, support & legal services to help with bad housing & homelessness	0808 800 4444	https://england.shelter.org.uk
Kent Homechoice	Information to help make the right housing choices about finding a home to rent from councils and housing associations in Kent	No telephone number. All information via website http://www.kenthomechoice.org.uk/choice	info@myadvicegateway.com
Porchlight	Help for people who have nowhere to go and no-one to turn to, including the homeless and those who need housing support.	0800 567 76 99	http://www.porchlight.org.uk
Pathways To Independence	Help for homeless people across Kent & Medway	01634 819649	Contact via website form http://www.beyondhomelessness.org.uk/contact-us
Homeless UK	Website for finding help & accommodation		http://www.homelessuk.org

Bill Help	Services that provide help with rent deposits to the low income and homeless.		Contact via website form http://www.billhelp.uk/ask-for-help http://www.billhelp.uk/kent-rent-deposit-schemes
Local Housing Associations	Affordable and social housing providers across Kent		http://www.ashford.gov.uk/housing-associations

DEBT PROBLEMS

Name of Organisation	Type Of Help Offered	Telephone No	Email Address/ Website
Shelter	Online help with loans, debt and bankruptcy		http://england.shelter.org.uk/get_advice/money_problems/loans_debt_and_bankruptcy
Citizens' advice bureau	Online help, advice and information service for debt and money		https://www.citizensadvice.org.uk/debt-and-money
Money Advice Service	Government website offering free and impartial online advice		https://www.moneyadviceservice.org.uk/en
Child maintenance Service	Government website offering information for parents regarding child maintenance	0345 266 8792	https://childmaintenanceservice.direct.gov.uk/public/
Food banks – The Trussel Trust	Volunteers provide signposting to other agencies and donations of food to help those in poverty.		https://www.trusselltrust.org Website gives contact details of local foodbanks and agencies that hold foodbank vouchers.

LESBIAN, GAY & TRANSGENDER

Name of Organisation	Type Of Help Offered	Telephone No	Email Address/ Website
Medway Gender & Sexual Diversity Centre	Counselling, individual and group peer support and information on sexual health and well-being for LGBT, intersex people or people questioning their sexuality or gender. Services are available to individuals, partners, family and friend	01634 408668	info@mgsd-centre.org
Transgender Peer Associates Limited (TG Pals)	Social and emotional support services for trans men, trans women – anyone who identifies as trans – and their families	01233 623556	tgpals@ymail.com
Metro	Free Counselling for LGBTQ Young People in Kent and Medway and their families. This counselling gives young people the chance to talk about issues that are troubling them	020 8305 5009	fred@metrocharity.org.uk
Broken Rainbow	Confidential support to all members of the Lesbian, Gay, Bi-sexual and Trans (LGBT) communities, their family and friends, and agencies supporting them.	0300 9995428	
F Flag	Support & advice for families & friends of LGBT community	0845 652 031	info@fflag.org.uk
London Lesbian & Gay Switchboard	helplines and instant messaging support and information to lesbian, gay, bisexual & transgendered communities	0300 330 0630	
Pink Therapy	Therapists who work with gender and sexual diversity clients	020 7836 6647	admin@pinktherapy.com
The Beaumont Society	Help and advice including legal and medical for cross-dressers and transsexuals.	01582 412220	
GIRES (Gender Identity Research and Education Society)	Trans and non-trans team of professionals providing information for trans people, their families and the professionals who care for them	01372 801554	info@gires.org.uk
Mermaids	Support group for children and teenagers with gender identity issues	0208 1234819	info@mermaidsuk.org.uk

HELP FOR THE ELDERLY

Name of Organisation	Type Of Help Offered	Telephone No	Email Address/ Website
Carers First	Help and support for carers	0300 303 1555	http://www.carersfirst.org.uk
Age UK	Help and support for elderly people who want to live independently in their own home or after returning from a stay in hospital. Access to social care and support service.	0800 169 2081	http://www.ageuk.org.uk/home-and-care/help-at-home
Community Careline Services	Offer a range of care plans and services we have available for you or your family members.	01634 853 187	01634 853 187
Housing Care & First Stop	Information services and help for the elderly i.e. meal delivery service and access to transport services for the elderly		http://www.housingcare.org