

## Lonsdale Medical Centre - Useful Telephone Numbers

<b>Social Services</b>	Kent County Council	24 hr helpline	03000 414141
<b>Anxiety / Depression / Stress / Other Mental Health</b>	Kent and Medway Partnership Trust	Urgent 24hr access line	0300 2220123
	Mental Health Matters	24hr helpline Freephone no for mobiles.	0800 107 0160 0300 330 5486
	Insight Healthcare Clinics		0300 555 5555
	Psychology Online		01954 230066
	Psychological Talking Therapies		0800 2799500
	Sleepstation		01732 316299
	KCA		0300 0120012
	No Panic Helpline	24hr helpline	0800 138 8889
	Healthy Mind		0800 2346733
	Samaritans		01892 532323
	Mental Health Resource Centre		01892 615552
	Arc Counselling		01892 528183
	Family Lives	24hr helpline	0207 553 3080
	Platform 51	For girls and young women	01732 365831
<b>Carers</b>	Carers First	Young carers Adult carers	0300 111 1110 0300 303 1555
	Young Carers Project		0300 111 111 0
<b>Alcohol / Drug Dependency</b>	CRI West Kent Recovery	9am to 5pm  24 Hour advice line	01732 367380  0808 800 0015
	St George's Centre		01892 548750
	AA		01622 751842
<b>Gambling / Debt Advice</b>	Breakeven Kent		01273 833 722
	West Kent Debt Advice		01732 300425
<b>Elderly</b>	Age UK	Talking treatments / telephone befriending / support for elderly suffering from worry bereavement, poor health.	01732 366100
	Dementia Crisis Service		01622 817114
	British Red Cross	Help with rebuilding confidence, collecting prescriptions, shopping, providing companionship after hospital stay.	0800 0280 831 For medical equipment - 01892 524020
	Good Neighbour Project	Befriending and support	01892 510200

		for the elderly. Postural stability.	
	Contact the Elderly	takes isolated elderly people out to tea once a month	0800 716 543
	Alzheimers' Society	Support for dementia, memory problems, care of the elderly.	01892 559410
<b>Bereavement</b>	Cruse Bereavement Care		0844 4779400
	Friends Together	Supporting Bereaved People in West Kent	01732 360328
<b>Cancer</b>	Macmillan Cancer	Befriending, Practical Support, Gardening, DIY	01622 677337
	The Pickering Centre	Support for anyone touched by cancer	01892 511880
<b>Domestic Violence</b>	Dove Project		01892 570538
	Respect		08088 024040
	Victim Support		08453 899528
	Rape Crisis		01474 536661
	Family Matters (sexual abuse / rape)		01474 53661
	Citizen's Advice	Helpline	01892 570538
	Domestic Violence Support Service (for men)		0808 8010327
<b>Children and Parenting</b>	Fegans		01892 538288
	Homestart		01892 524916
	Childline		0800 11 11
	Young Minds	Parents' helpline	0808 802 5544
<b>Unwanted Pregnancy</b>	Marie Stopes		01622 620 870
<b>Housing</b>	Tunbridge Wells Borough Council		01892 526121
	Tunbridge Wells Churches	Provide beds in winter for homeless people	07443 532904
	Porchlight	Helpline Supporting homeless	0800 5677699
<b>Transport</b>	NSL	Maidstone and TW hospital transport	08432 241 888
	Dial to Drive		01892 553 123
	Community Transport Service		01892 540131 or 01892 511627