Primary Care Mental Health Service

The East Kent Primary Care Mental Health Service launched in January 2020 and it is an adult mental health service available through your GP. The service can provide:

- provision of information and advice to individuals and their carers about interventions and care, including the options available to them, as well as ‘signposting’ to other sources of support (such as support provided by third sector organisations) and helping them to access these services.
- short-term NICE approved recovery-focused interventions either individually or through group work, if the initial assessment has identified this as appropriate;
- provision of group work sessions to include: Bipolar Psychoeducation; Wellbeing in Psychosis; and Understanding Emotions;
- support for patients known to the Primary Care Mental Health Service and registered on the Serious Mental Illness to have their annual physical health check

The Primary Care Mental Health service is made up of a multi-professional team consisting of nurses, occupational therapists and support workers and is available through referral by your GP.

Peer Support Crisis Group – Dover

We are pleased to announce that Take Off have launched their Peer Support Crisis service in Dover. This service is based on a model that has been running in Canterbury for four years. The service runs on a Sunday 52 weeks of the year and is referral only via GPs/ CMHTs/Primary Care Mental Health Services. We are working on a similar service being available in Thanet shortly. For more about Take Off go to: [https://takeoff.works/](https://takeoff.works/)

Wellbeing Café – Ashford

The Ashford Wellbeing café has now available on Friday, Saturday and Sunday. The Wellbeing cafes are places where people can go to get support, feel less isolated and reduce the risk of a mental health crisis at times when traditional services are closed. The Wellbeing Ashford Café is run by Maidstone and Mid Kent Mind, you can find out more here: [https://www.maidstonemind.org/ashford-wellbeing-cafe/](https://www.maidstonemind.org/ashford-wellbeing-cafe/)

In addition we are looking to develop a new Wellbeing Café in Ramsgate which will be launching soon.
Transforming Mental Health Care Services in Kent and Medway
Update

Please find attached a PDF update on work which is currently being undertaken across Kent and Medway to transform mental health services, including some proposed changes to the St Martins site in Canterbury. We will keep you updated on progress, but in the meantime if you have any queries, please email Ekmentalhealth.commissioning@nhs.net.

Every Mind Matters

#EveryMindMatters is a national campaign to help you manage and maintain your own mental health and support others. The campaign creates your own mental health action plan tailored on your responses. Every Mind Matters has information about common problems and there are also more in-depth modules on stress, sleeplessness, anxiety and low mood. Each module contains information on what can cause changes in people’s mental health, possible signs to look out for, advice on things you can do and importantly, explain what's OK and when people should seek further support. To find out more go to: https://www.nhs.uk/oneyou/every-mind-matters/ or search for Every Mind Matters in your search engine.

Local Mental Health Information

For information and about support to help you improve your mental health and wellbeing please go to your local CCG Mental Health pages:

Ashford CCG | Canterbury CCG | South Kent Coast CCG | Thanet CCG

If you have any additional suggestions or ideas for your local mental health pages please email Louise or Sarah at the email below, thank you.