

Useful telephone numbers:

HELPLINE

**Confidential emotional support
for Service Users and Carers**

0800 107 0160

**Opening times 5pm–9am, 24
hours weekends & bank
holidays**

Maidstone Mind

Drop in Day Centre

01622 692383

**Kingswood Community Mental
Health Team**

01622 766900

**Pagoda Community Mental
Health Team**

01622 724200

Samaritans

01622 674444

08457 909090 (*National Number*)

**Maidstone Doctors on Call
(MAIDOC)**

Emergency out of hours GP service

08451 552255

NHS Direct

24-hour healthcare advice

0845 4647

**Maidstone
& Malling
Carers Project**

Maidstone Community Support Centre
39-48 Marsham Street
Maidstone Kent
ME14 1HH

Tel: 01622 685276

Fax: 01622 757134

**Maidstone & Malling
Carers Project**

is funded by Kent County
Council Social Services and
managed by



Charity Number 1066911

**Maidstone
& Malling
Carers Project**

**Mental Health
Carers Support
Group Maidstone**

**Do you support a
family member or
friend who has mental
health needs?**

**IF SO – YOU ARE
A CARER**

**Maidstone & Malling
Carers Project is a point of
contact for carers living in
Maidstone and
surrounding rural areas
needing support,
information and
assistance**

The Mental Health Carers Support Group Maidstone

Aims to:

- ✧ Provide an opportunity to meet other carers and share experiences and ideas
- ✧ Make available useful information about benefits, services and local support
- ✧ Invite occasional speakers of interest to group members
- ✧ Provide a social occasion where you can make new friends and share mutual support

The group meets at:

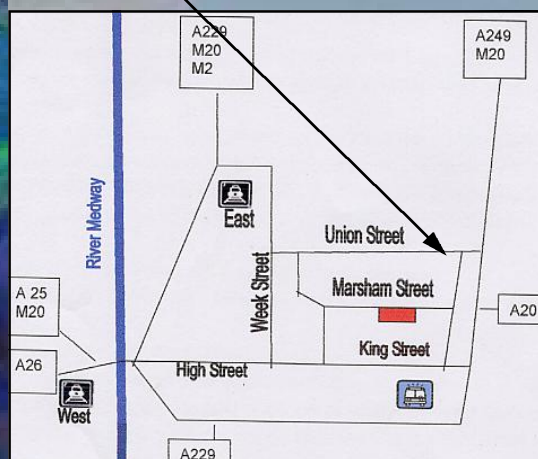
Kingswood Mental Health Centre
180-186 Union Street
Maidstone (lounge area)

**on the last Tuesday
of every month**

11.00 am-12.30 pm

Please do come along
and join us for a coffee.
You will be made most
welcome.

We meet here



**To find out more
about the group and
before attending for
the first time, please
contact**

**Maureen Belcher
01622 685276**

maureen.belcher@vam-online.org.uk

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Maidstone Community
Support Centre
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Maidstone Kent
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**[www.vam-online.org.uk/
carersproject](http://www.vam-online.org.uk/carersproject)**