

Seeking help is often the first step towards getting well. It is always ok to ask for help. Here is a list of local and UK wide services if you or your family need support. If you require any help finding the right support for you please do contact us.

General

Citizens Advice Bureau (CAB)

<https://www.citizensadvice.org.uk/>

A national charity and network of local charities that offers confidential and impartial advice online, over the phone and in person for free. Citizens Advice can offer support with all sorts of complicated and intimidating problems, including issues regarding benefits, debt and budgeting, housing, immigration, family, the law and court system.

For the Canterbury District: <https://www.citizensadvice.org.uk/local/canterbury-district/>

3 Westgate Hall Road (Off St Peters Lane)

CANTERBURY, KENT

Kent

CT1 2BT

Live Well Kent

<https://livewellkent.org.uk/>

Live Well Kent and Medway provides free mental health support for younger people and adults. Our network of local voluntary organisations and charities can help you:

- Better manage your mental health and wellbeing
- Gain confidence and meet new people
- Get help with money, debt or benefits
- Get support with housing concerns
- Access free therapy and counselling-type services
- Find work, volunteering and education opportunities
- Join activities and support groups run by people with similar experiences.

Bereavement

Child Bereavement Network

www.childhoodbereavementnetwork.org.uk

The Childhood Bereavement Network (CBN) is a specialist membership organisation, working together to support bereaved children and young people.

Child Bereavement Trust

www.childbereavement.org.uk

Child Bereavement UK helps families to rebuild their lives when a child grieves or when a child dies. We support children and young people (up to the age of 25) when someone important to them has died or is not expected to live, and parents and the wider family when a baby or child of any age dies or is dying.

Compassionate Friends

www.tcf.org.uk

The Compassionate Friends (TCF) is a charitable organisation of bereaved parents, siblings and grandparents dedicated to the support and care of other similarly bereaved family members who have suffered the death of a child or children from a month old and from any cause.

Cruse Bereavement Care

<https://www.cruse.org.uk/>

Cruse helps people through one of the most painful times in life – with bereavement support, information and campaigning.

Winston's Wish

www.winstonswish.org.uk

Winston's Wish is a childhood bereavement charity that provides emotional and practical bereavement support to children, young people and those who care for them. Winston's Wish provides child bereavement support services across the UK.

Family

Children Centres

<https://www.kent.gov.uk/education-and-children/childcare-and-pre-school/childrens-centres/find-a-childrens-centre>

Support for children ages 0-5s and their families. Each centre offers different services including childcare, early education, training, antenatal classes, baby clinics, speech and language, disabilities and special needs.

Dad's Unlimited

<https://www.dadsunltd.org.uk/>

Dads Unlimited supports the emotional safety of men and those they care about through three key areas; supporting male victims of domestic abuse, supporting men with family separation; and supporting men's mental health.

Divorce Solutions

<https://divorcesolutions-se.uk>

Resolution through mediation for divorce, separation and family matters including finances, child access and maintenance, civil partnership cases, special guardianship orders and the armed forces.

Early Help

<https://www.kent.gov.uk/education-and-children/early-help-support-for-families>

Early Help means taking action to support a child, young person or their family early in the life of a problem or as soon as it emerges. Early Help reflects the widespread evidence base that it is better to identify and deal with problems early rather than respond when difficulties have emerged.

Family Action

<https://www.family-action.org.uk>

Family Action provides specialist mental health and wellbeing services for adults. They work not only with the individual directly affected, but also with their children and whole families. Family Action focus on building on individual and family strengths in order to support the family towards recovery.

Family Mediation & Counselling Services

<https://fmacs.org.uk/locations/canterbury/>

Mediators are dedicated to helping families find peaceful solutions to their disputes, including child contact and living arrangements, as well as financial matters related to divorce or separation. At Canterbury Family Mediation & Counselling Service, they believe in working collaboratively with you to find solutions that work for everyone involved.

Food Banks

<https://www.kent.gov.uk/social-care-and-health/adult-social-care/paying-for-care/benefits/home-essentials-in-a-crisis/find-a-foodbank>

A food bank is a charity that provides food to people who have difficulty buying enough. All food banks operate in slightly different ways. For instance some will provide a home delivery service for people living in rural areas and those who are unable to get to a food bank. Contact your local food bank to find out how to use it.

Home Start

<https://www.home-start.org.uk/>

Home-Start is a local community network of trained volunteers and expert support helping families with young children through their challenging times. Every Home-Start volunteer is trained to help them work alongside you to overcome the challenges you are facing. We work with you to build on your strengths and give you the support that you tell us that you need.

Kent Integrated Domestic Abuse Service (KIDAS)

<https://www.domesticabuseservices.org.uk/locations/canterbury/>

The Kent Integrated Domestic Abuse Service (KIDAS) offer a person-centred, holistic range of support services to victims and their families in Kent.

Oasis

<https://www.oasisdbservice.org/>

Oasis is a domestic abuse charity that helps adults, children and young people in Kent and Medway build a safe, positive future free from harm.

Rising Sun - One Stop Shop Canterbury & Herne Bay

<https://www.risingsunkent.com/>

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.

Social Services

<https://www.kent.gov.uk/social-care-and-health>

Financial

Free School Meals

<https://www.kent.gov.uk/education-and-children/schools/free-school-meals>

If your child is under 19 and in full-time education, and you receive certain benefits, you may be able to get free school meals for them. If your child is in year R, year 1 or year 2 they are entitled to universal free school meals - all children in these year groups can get a free meal at school each day. If you receive certain benefits, your child's school can also get some additional money to support your child's learning. Please check your eligibility and apply online as we can benefit from the additional funding if you apply for the free school meals.

Holiday/Energy Vouchers

Families who are eligible for benefits-related free school meals will receive vouchers to feed their children during school holidays.

Pupil Premium

<https://www.gov.uk/government/publications/pupil-premium/pupil-premium>

The pupil premium is extra money for schools to help disadvantaged pupils of all abilities achieve their full potential. The amount of pupil premium funding schools receive is decided by how many disadvantaged pupils they have – schools then receive funding per pupil premium-eligible child. To be eligible for pupil premium or recovery premium, pupils must be:

- Currently eligible for free school meals (FSM) or have been eligible for FSM at any point in the last 6 years
- Looked after by the local authority
- Previously looked after by the local authority or other state care.

Tax-Free Childcare/30 hours free Childcare

<https://www.gov.uk/tax-free-childcare>

You can get up to £500 every 3 months (up to £2,000 a year) for each of your children to help with the costs of childcare. This goes up to £1,000 every 3 months if a child is disabled (up to £4,000 a year). Your eligibility depends on:

- if you're working (employed, self-employed, or both)
- your income (and your partner's income, if you have one)
- your child's age and circumstances
- your immigration status

Universal Credit

<https://www.gov.uk/universal-credit>

Universal Credit is a payment to help with your living costs.

Health

NHS School Nurse

School nurses are specialist community public health nurses (SCPHN) who work with school-aged children and young people and their families to improve health and wellbeing outcomes and reduce inequalities and vulnerabilities.

Mental/Emotional Health Support and Counselling

Children and Young People's Mental Health Services (CYPMHS)

<https://www.nhs.uk/nhs-services/mental-health-services/mental-health-services-for-young-people/children-young-people-mental-health-services-cypmhs/>

Children and young people's mental health services (CYPMHS) is used as a term for all services that work with children and young people who have difficulties with their mental health or wellbeing. Local areas have a number of different support services available.

Family Matters

<https://www.familymattersuk.org/>

The Family Matters counselling practice is supported by qualified specialists in the areas of childhood sexual abuse and rape. They are trained across a wide range of issues and disciplines to help those affected address their fears and identify a clear path towards resolution and healing, covering physical abuse, depression, anxiety, post-traumatic stress, child protection, trauma, bereavement, self-esteem issues, and anger management.

Imago

<https://www.imago.community/>

Imago is a social action organisation delivering diverse services and supporting individuals, organisations and communities across Kent, Medway, East Sussex and London. Imago Kent Young Carers services provides support for young carers ages 5-18 across Kent.

Mother and Infant Mental Health Service (MIMHS)

<https://www.kmpt.nhs.uk/our-services/perinatal-mental-health-community-service-pmhcs-east-kent/>

The Kent & Medway NHS and Social Care Partnership Trust provides a Mother and Infant Mental Health Service for women with mental health difficulties who are considering pregnancy, are currently pregnant, or have given birth and the baby is under a year old.

Psicon

<https://www.psicon.co.uk/>

The Psicon Group is a private care service with six areas of specialist psychological and health services providing access to professionals offering consultations, assessments, therapy and rehabilitation.

15-17 New Dover Road
Canterbury
Kent
CT1 3AS

Take Off

<https://www.takeoffworks.org/about-take-off>

Take Off provides ready-made social networks to support people with mental health problems and improve their well-being to live happier and healthier lives. Take Off serve the community of East Kent, including Canterbury, Ashford, Faversham, Dover, Thanet and Folkestone.

With You

<https://www.wearewithyou.org.uk/>

With You (previously Thinkaction) is a charity offering free talking therapies like counselling and cognitive behavioural therapy for a range of mental health problems. With You also offers free, confidential support with alcohol, drugs or mental health.

SEND

IASK

<https://www.iask.org.uk/>

Information, advice and support to children, young people and parents/carers about special educational needs and disabilities (SEND). This includes health and social care where it is linked to education.

Kent County Council SEND Local Offer

<https://www.kent.gov.uk/education-and-children/special-educational-needs#local-offer>

The Local Offer is an information hub of local services that can support children, young people and their families with disabilities or special educational needs.

SNAAP

<https://www.snaap.org.uk/index.html>

SNAAP informs, encourages and supports parents and carers, enabling them to provide the best possible help to their children via a range of services.