



# Mental Health Helpline information

Mental Health Matters – 24/7 Kent & Medway:

## **0800 107 0160 Helpline**

**The Telephone Helpline consists of a team of highly trained and experienced support workers who use counselling skills to provide you with emotional guidance and information.**

You might choose to call us if:

- You may be feeling low, anxious or stressed and feel talking to another person might help you cope
- You may be in extreme emotional distress and feel that there is nowhere else to turn
- You may be caring for another person and finding it difficult to cope.

Contacting the Helpline can give you a feeling of relief, wellbeing and peace of mind. You won't be judged and our service is confidential unless we consider that there is a risk to yourself or others.