

Live well **Kent**

Community wellbeing



On behalf of



by



● How will you help me?

Perhaps things at home are getting you down or you're feeling lonely.

At **Live Well Kent** we help people improve their mental and physical health and wellbeing.

It is a free service for anyone over 17.

You might want to improve your everyday living, become more independent and confident, meet new people, get better skills or find a job.

Whatever it is, we're here to help. We won't judge you and what we discuss will remain confidential.



● We can help with lots of things

Mental health and wellbeing

We can help you to find what you need to make a positive change and move forward. We can support you with:

- Understanding and managing your thoughts and emotions
- Achieving your personal goals
- Accessing therapies and support groups.



Keeping active and healthy

Being busy and active helps mental wellbeing and keeps you physically fit. We work with other local organisations so you can improve your lifestyle. This could be:

- Healthy living support eg stopping smoking or cutting down on alcohol
- Dance clubs
- Walking groups and sporting activities.



Meeting people

Sometimes meeting with others can make life a little easier. We can help you get involved with activities like:

- Volunteering
- Social enterprises and community projects
- Arts, music and culture groups.

Training and work

We can help you to gain new skills and qualifications, or support you to try a work placement or look for a job that is right for you.

Everyday living

If you need that bit of extra help with practical things, we can support you with:

- Managing your money, including debt and benefits
- Housing support and guidance
- Improving relationships with family and friends.



“ After losing my dad, I’ve struggled with feelings of isolation, anxiety and depression. Getting out and being involved in new things is making me more confident. ”

Louise

If you require this leaflet in a different format call **01179 989 110** or email **studio@shaw-trust.org.uk**

● What's next?

We have a 'no wrong door' approach. You can get help from us through any community service, by contacting us yourself, or someone like your doctor or a friend can refer you to us. We will talk you through how we can help you and give the support and advice you need.

Please call on **0800 567 7699** or email **info@livewellkent.org.uk**

If you are in emotional distress and need urgent support, please ring the Mental Health Matters helpline (24/7) on **0300 330 5486** (free for mobiles) or **0800 107 0160** (free for landlines).

Live Well Kent is delivered on behalf of **Kent County Council** and the **NHS** by two charities:

Shaw Trust is a national charity helping people to achieve their ambitions and gain greater independence.

Registered Charity No. England and Wales: 287785, Scotland: SC03985

Porchlight works across Kent to address people's housing, social, economic and health issues. It makes a positive impact on adults, children, families and communities as a whole. Registered Charity No. 267116

livewellkent.org.uk