

User Voice Project (Medway, Dartford, Gravesham and Swanley)

If you have accessed services for support with your mental health, we would like to hear from you about your experience.

Feedback is submitted anonymously to EK360 who collate all comments from across Kent and report to the Integrated Care Board (ICB) and service providers to improve the services and support available.

We need your feedback to shape services for the future, contact:

- Sam (Medway): sam@megancic.org.uk

- Chris (DGS): feedback@megancic.org.uk

Or scan the QR code to share your feedback



MEGAN CIC is signed up with the Medway Lottery

To start supporting, visit www.MedwayLottery.co.uk and search for MEGAN CIC

Useful Helplines Available 24/7

| | | |
|--------------------------------------|--|--|
| Mental Health Matters | 0800 1070160 or 0300 3305486 (from a mobile) | www.mentalhealthmatters.com |
| Samaritans | 01634 730981 or 116 123 (Freephone) | www.samaritans.org |
| Urgent Mental Health Helpline | 0800 7839111 | www.kmpt.nhs.uk |



Peer Support Groups for anyone aged 17+ experiencing mental health issues in Medway, Swale, West Kent, Dartford, Gravesham and Swanley

For further information or to join one of our friendly and confidential groups, please contact us on:

Tel: 01634 402077

Email: enquiries@megancic.org.uk

Website: www.megancic.org.uk

Twitter: @MeganCic Facebook: MeganCic

Instagram: [megan_cic](https://www.instagram.com/megan_cic)

Office Address: 33 Magpie Hall Road, Chatham, Kent ME4 5NE



Medway Groups

DAB (Depression, Anxiety & Bipolar) Peer Support Group

Weekly group for anyone who has a diagnosis or experiences symptoms of depression, anxiety or bipolar

Twilight Talks

Weekly evening group for anyone with mental health issues

Personality Disorder Peer Support Groups

Weekly groups for anyone who has a diagnosis or experiences personality difficulties

Coffee & Chat

Weekly social group meeting on Wednesdays at 12.30pm at The Magpie Centre, Chatham

Life After Addiction Peer Support Group

Weekly group for anyone experiencing mental health issues as well as substance misuse issues

Menopause Wellbeing Group

Weekly group for anyone experiencing menopausal symptoms

Coffee & Chat (online)

Weekly social group meeting on Fridays at 10am via zoom

Hypertension Heroes Project

Drop in to have your blood pressure checked by our volunteers

- Wednesdays - 12.30pm at The Magpie Centre, Chatham

- Thursdays - 12.30pm at St Paul's Church, Gillingham

Medway, Swale & West Kent

Toolkit Programme

12-week online programme to learn, share and discuss topics, tools and coping strategies

To access, call Live Well Kent and Medway on 0800 567 7699

Dartford, Gravesham and Swanley (DGS) Groups

Personality Disorder Peer Support Group

Weekly groups for anyone who has a diagnosis or experiences personality difficulties

Social and Emotional Wellbeing Group

Weekly social group meeting on Tuesdays at 10am at Gravesend Library

Toolkit Programme

12-week programme to learn, share and discuss topics, tools and coping strategies

Swale Groups

Personality Disorder Peer Support Group

Weekly groups for anyone who has a diagnosis or experiences personality difficulties

Depression and Anxiety Peer Support Group

Weekly group for anyone who has a diagnosis or experiences symptoms of Depression or Anxiety

To access, call Live Well Kent and Medway on 0800 567 7699