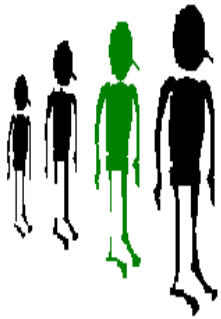


You are not on
your own



If you have mental health problems including anxiety and depression, you can feel isolated and on your own - but 1 in 4 of us will experience mental health difficulties.

Reachout

To find out more,
please telephone

Tel: 01892 676285

If no one is available leave your details on the answer phone and we will call you back.

Charity Number: 1049854

Under the umbrella of Tunbridge Wells
Mental Health Resource Ltd.
Supported by West Kent Primary Care
Trust and Kent County Council.

Reachout



Friendly, Confidential,
Self-Help Support Groups

The opportunity to feedback
your experiences and views
of treatment and care.

Support



- We meet for you to make friends, share personal experiences and coping strategies.
- A caring, non-judgemental environment with others who understand.

Communication

- Express opinions about treatment and care in a confidential setting.
- Anonymous feedback to help improve services.
- Opportunities to become more involved by attending consultation group meetings.
- Guest speakers.
- And social activities.



Where are we?

- Reachout Groups meet in
- Cranbrook
 - Hawkhurst
 - Sevenoaks
 - Tonbridge
 - Tunbridge Wells
 - Edenbridge:



Transport may be able to be arranged