

A-Z of Mental Health Services in Kettering

Service	What they offer	When / where
Accommodation Concern	Housing, Debt and Benefits Advice, Food Parcels, Charity Applications for White Goods	Phone: 01536 416560 Email: help@a-c.org.uk 1 & 7 Meadow Road Kettering NN16 8TL - Open 9am-5pm Mon-Fri (Also at Mind "Crisis Cafe" on Tuesdays and Wednesdays 1pm to 4pm and Desborough Library on Thursdays 1.30pm to 4.30pm) https://www.accommodationconcern.co.uk/
Adult Learning	A range of courses including cookery, tech, creative skills, psychology and more.	Website: https://www.northnorthants.gov.uk/adult-learning
Alcoholics Anonymous	The website has a "Chat Now" facility for those seeking help. Call for support or join local meetings.	Tuesday, Friday and Sunday evening meetings - varying times and locations, see link: https://www.alcoholics-anonymous.org.uk/AA-Meetings/Find-a-Meeting/Kettering Local helpline 01604 367788 runs from 10am-10pm daily. National helpline runs 24/7 0800 9177650
Age UK Northamptonshire	Services and support for older people in Northamptonshire Telephone befriending Day Centre	Website: https://www.ageuk.org.uk/northamptonshire/ Kettering Day Centre, open 10am-3pm Monday to Friday Day Centre Link: https://www.ageuk.org.uk/northamptonshire/our-services/day-centres/kettering-day-centre/

ARTworks	Sketching breakfast at Kino Lounge	Sketching breakfast, second Tuesday of the month See Facebook page for latest info: https://www.facebook.com/KDAS1905/
Averil Phillips	Free bereavement services for customers	Website: https://averilphillips.co.uk/resources/free-bereavement-counselling/
Cafeness	Have a pay-it-forward drink or cake and a chat with the owners. You can also play chess for free anytime	Location: Unit 1, Market Street Mews, Market St, Kettering NN16 0AH Open 8:30am-5:30pm, Monday to Saturday
Calm Zone (Campaign Against Living Miserably)	Live chat support from 5pm-midnight every day. Calm guides on anxiety, addiction, support after suicide, relationship breakdown, anger, bullying, exam stress, and more.	Website: https://www.thecalmzone.net/get-support Guides: https://www.thecalmzone.net/guide-list
Citizen's Advice	Advice on multiple areas with specialist advice available for issues relating to Housing, Benefits, Debt, UC and Energy. Access to other specialist advice services via referral Access to CA services from outreach locations Remote advice via email and telephone. 1:1 and group sessions via Skills for Life - Multiply around surviving cost of living and household finances.	Kettering Office: Municipal Offices, Bowling Green Road, Kettering, Northants, NN15 7QX 01536 482281 Open: Mon - Fri, 9am - 2pm Call / drop in to reception to book an apt Email advice: https://www.nnca.uk/email-us Accessible 24hrs / day, response usually within 3 - 5 days - <u>not for emergencies</u> Outreach locations (Rothwell, Desborough, Burton Latimer) available for advice appointments - call office to book National Adviceline: (referring through to local office) 0800 144 8848

<p>Cocaine Anonymous</p>	<p>In person meetings, every Tuesday</p>	<p>Location: Christ the King Church, Deeble Road, Kettering. NN15 7AA</p> <p>Tuesday, 7:30 pm to 9:00 pm https://centralukca.org/meetings/kettering/</p>
<p>C2C - Kettering Women's Centre</p>	<p>C2C offers support designed to equip women to believe in their potential, build self esteem, confidence, emotional regulation and wellbeing.</p> <p>One to one support.</p> <p>Courses include budgeting, healthy lifestyle, form filling, mentoring training, volunteering opportunities, peer mentoring and wellbeing groups.</p> <p>Service users can meet their Wellbeing Coach, Probation Officer, Assistant Psychologist and other professionals all in one place.</p> <p>There are hot desks for partners to work from, along with meeting space.</p>	<p>Location: 1 Meadow Road, Kettering, NN16 8TLm- Accommodation Concern Building</p> <p>Email: KWCR referrals@c2csocialaction.com</p> <p>Phone: 0759 7575 988</p> <p>Website: www.c2csocialaction.com/about-3-1</p>
<p>Evolve Behaviour change programme</p>	<p>A programme for individuals who have identified a need to change their abusive or violent behaviours.</p> <p>Self-referrals and referrals by Social Services or other agencies can be made.</p> <p>The programme is delivered over 30 weekly group sessions. Group members are encouraged to support each other whilst working through a</p>	<p>Eve 01604 230311</p> <p>The Evolve Programme - Eve (eveda.org.uk)</p>

	range of topics and to talk about their behaviour during each session.	
Family Support Link	<p>1-1 support for adults, young people and children whose lives are impacted by someone else's drug or alcohol use.</p> <p>Parents under pressure scheme: For parents of children aged 2-8 who are currently in treatment for drugs or alcohol misuse</p> <p>M-PACT (Moving Parents and Children Together) group: For parents with an alcohol or substance problem and at least one child aged 8-17 (Groups are held at different intervals around the county please get in touch for further details)</p>	<p>Family Support Link, West End House, 60 Oxford Street, Wellingborough, Northants, NN8 4JJ</p> <p>Support Helpline: 01933 227078 available from 10am-2pm Mon-Fri</p> <p>General Enquiries: 01933 224632</p> <p>Email: contactus@family-supportlink.co.uk</p> <p>Website: https://familysupportlink.co.uk/</p>
Groundwork / The Green Patch	<p>Free yoga on Tuesdays, beautiful space to access with community garden, chickens, rabbits,</p> <p>Thursday health and wellbeing day, wellbeing walks with Ramblers</p> <p>Tai Chi classes</p> <p>Ongoing workshops</p> <p>Wellies in the woods, walks for families</p>	<p>Location: Valley Walk, Kettering, United Kingdom</p> <p>Free yoga - Tuesdays, 11am</p> <p>Tai Chi - Tues & Thurs, 10:00-10:30am</p> <p>Go to Facebook for the most up-to-date information: https://www.facebook.com/TheGreenPatchKettering</p>
Johnny's Happy Place	<p>Community Café, creative sessions, free groceries</p> <p>Free counselling</p> <p>Arts group</p> <p>Writing group</p>	<p>Location: 97 Rockingham Road, Keystone Centre, Kettering NN16 9HX</p> <p>Community Cafe, creative sessions, free groceries 10am-2pm, Saturday & Sunday</p> <p>Free counselling 12-2pm on Saturday</p> <p>Arts group - 12-2pm Saturday</p>

		Writing group - 12-1:30 on Sunday
Kelly's Heroes	<p>Suicide prevention support and counselling</p> <p>Live chat 6-9pm every day</p> <p>Training in Mental Health First Aid, suicide prevention and awareness, and self-harm awareness</p>	<p>Website: www.kellysheroes.org.uk Email: hello@kellysheroes.org.uk</p> <p>Phone: 0800 0025 400</p> <p>Training: https://wemindandkellymatters.org.uk/services/education/our-training/</p>
Kettering Complementary Therapy	<p>Support maintaining mental and physical wellness</p> <p>Meeting once a month talks workshops t aster sessions</p> <p>How complementary therapies can that can help us cope with life's challenges</p> <p>Signposting & advice</p>	<p>Location: Jacques Room, St Andrews Church, Kettering, NN16 8RG</p> <p>When: 3rd Thursday of the month, 7-9pm</p> <p>For further information, contact: Chris 07791580218 Barb 07748591065</p> <p>Occasional Pop up Health and information hub</p>
KCU (Kettering Community Unit)	<p>Befriending and mentoring services, for children, young people and adults.</p> <p>Free clothing and furniture through their</p> <p>Dignity in Crisis scheme.</p> <p>Week long mental health project at KCU - UK based mental health week in May - autism awareness on the Friday. How to get involved</p> <p>Volunteer placements from aged 11+.</p> <p>Free personal development courses (for</p>	<p>Location: 51 Gold Street, Kettering NN16 8JB</p> <p>Dignity in Crisis - email carly.fawkes@kcultd.org.uk</p> <p>Referrals via email for mental health support: sylvia.mclevy@kcultd.org.uk or phone: 01536 481989.</p> <p>For education / training or general enquiries email kcu@kcultd.org.uk or call 01536 481989.</p>

	<p>18+): Stress management and more.</p> <p>Many courses lead to a diploma.</p>	
Kettering Library	<p>Free activities for families</p> <p>Free use of computers</p> <p>Health and Wellbeing days</p>	<p>Location: Kettering Library, Sheep Street, Kettering, United Kingdom</p> <p>Monday-Friday, 9am-6pm Saturday, 9am-5pm</p> <p>Website: https://www.northnorthants.gov.uk/list-libraries/kettering-library</p> <p>Facebook page: https://www.facebook.com/ketteringlibrary/</p>
Kettering Nature	<p>Free to attend nature events.</p> <p>Wildlife surveying.</p> <p>Nature walks.</p> <p>Fresh air and exercise.</p>	<p>Website: https://www.ketteringnaturegroup.com/</p> <p>Facebook: https://www.facebook.com/Ketteringnaturegroup</p>
Kettering Refugee Assistance	<p>Support for refugees and asylum seekers. This group of volunteers can help connect you with learning English or will try to help you with any other query you have.</p> <p>Also try the Resettlement Team at the council.</p>	<p>Email: info@kettra.org.uk</p> <p>Facebook: https://www.facebook.com/ketteringrefugeeassistance</p> <p>Council Resettlement Team: resettlement@northnorthants.gov.uk</p>
Kettering Street Pastors	<p>Practical, emotional and spiritual support on Saturday nights in Kettering town centre</p>	<p>Every Saturday, and the last Friday of the month (payday Friday) 11pm-3am</p> <p>Location: Kettering Town Centre</p> <p>Website: https://streetpastors.org/locations/kettering/</p>

		Facebook: https://www.facebook.com/KettStPastors/
Men's Groups - TALK and Burton Brotherhood at The Pod	<p>TALK - online men's support & mental wellness</p> <p>Burton Brotherhood - in person support & mental wellness by Pure Turtle Wellbeing.</p> <p>Meditation lessons - mentoring - massage - wellbeing support.</p>	<p>TALK - every X, online,</p> <p>More info on Instagram @jamesgarside</p> <p>Burton Brotherhood - every other Sat, 4-5:30pm</p> <p>Location: The Pod, 36 Spencer St, Burton Latimer, Kettering NN15 5SQ</p> <p>michael@pureturtle.co.uk</p> <p>www.facebook.com/events/345104928006541</p>
MIND Kettering	<p>Crisis Cafe</p> <p>Wellness courses: Anxiety Management, Depression Management, Anger Management, Mindfulness, Understand Yourself Better</p> <p>Peer Support (AM & PM options)</p> <p>Menopause Support Group</p> <p>Pottery Group</p> <p>Community Visits</p> <p>Intermediate Support Service</p> <p>Mental Health 1:1s</p>	<p>Location: 49-51 Russell Street, Kettering, NN16 0EN</p> <p>Crisis Cafe: 11:00 - 22:00, Tuesday/Wednesday/Thursday</p> <p>Office & Phone Line: 09:00 - 16:30, Weekdays</p> <p>Other activities varying times.</p> <p>See more on their website:: https://ketteringmind.org.uk/support-and-services/</p>
Narcotics Anonymous	<p>Help for anyone with a problem with any substance/ drug. Speak to people who understand and can help you.</p>	<p>Location: No matter what - Keystone, 97 Rockingham Road, Kettering, Northamptonshire, NN16 9HX</p> <p>Mondays: 19:30 ~ 20:45</p> <p>For other meetings please visit https://meetings.ukna.org/meeting/search</p> <p>Help Line (in confidence) 0300-999-1212 10 am - 12 midnight.</p>

<p>Northampton hire Domestic Abuse Service.</p>	<p>We support women, men and children across Northamptonshire to recover from the trauma of Domestic Abuse.</p> <p>Referrals can be made by individuals or professionals by calling, emailing, or accessing the website.</p> <p>24/7 helpline</p> <p>Refuge provision</p> <p>Group work</p> <p>Community Support – drop ins and outreach.</p> <p>Virtual support through NDAS website.</p>	<p>24/7 Helpline: 03000 120154 (in an emergency call 999)</p> <p>NDAS website: https://www.ndas.co</p> <p>Email: advice@ndas-org.co.uk</p>
<p>NHS referral - go to your doctor</p>	<p>Go to your GP to get referred for counselling.</p> <p>24/7 mental health helplines.</p>	<p>Online / via phone</p> <p>Adult mental health 24/7 helpline: 0800 448 0828</p> <p>Under 18 mental health helpline:</p> <p>Nhsft website: https://www.nhft.nhs.uk/</p>
<p>Northampton hire Rape Crisis</p>	<p>Specialist trauma informed sexual violence counselling</p> <p>Emotional support</p> <p>Information and Advocacy</p> <p>Services are available to anyone aged 14+ who has experienced sexual violence, rape or childhood sexual abuse</p> <p>Self- referrals and/or professional referrals</p>	<p>Contact number: 01604 250721</p> <p>Call to self-refer or make a referral, or to get information on other services.</p> <p>https://www.northamptonshirerapecrisis.co.uk/</p> <p>0300 222 5930 helpline is open 10am to 3pm Monday to Friday</p>

	<p>received online / via phone</p> <p>Helpline</p> <p>Independent Sexual Violence Advisor – provides information and advocacy, supporting to understand the criminal justice process</p>	
<p>Northampton hire Rights and Equalities Council</p>	<p>Discrimination help in the workplace or</p> <p>applying for a job</p> <p>Mental health discrimination help</p> <p>Hate crime and impacts on mental health</p> <p>Creative activities supporting those who are a target of hate</p>	<p>01604 400808 / 07393191482</p> <p>https://northantsrec.org/</p> <p>Contact via social media:</p> <p>https://www.facebook.com/Northantsrec</p>

<p>Picture the Difference (PtD)</p>	<p>PtD is a creative and performing arts organisation for children and young adults with additional needs. We co-produce purposeful community outcomes on relatable social themes, that allow those involved to develop their creative skills, personal qualities and to showcase their work. We encourage independence and employability skills by supporting individuals to share a skill, volunteer, develop their own arts projects and to maybe become a PtD Arts Leader.</p> <p>Our core values recognise that for wellbeing and happiness, it is important for people to find their place, purpose and a way to participate in their community.</p> <p>All referrals via website: https://linktr.ee/picthediff</p> <p>Or email Zoe Martin: admin@picthediff.com</p> <p>Mobile: 07947575190</p> <p>Schools' Programme: speak to your school SEN Coordinator for referral.</p>	<p>Location: The William Knibb Centre, Montagu Street, Kettering, NN16 8AE</p> <p>Monday Night social group 7.30pm-9.30pm (teen & young adults) Traditional painting & drawing (local artist);band rehearsal; music production; board games/video games; pool; drama games)</p> <p>Try-it Tuesdays (young adults - limited, bookable spaces) 10am-12pm Art/Craft 1pm-3pm Chronicles journey adventure in a D&D style</p> <p>Wednesdays - PtD on Stage 10am-3pm (young adults) script writing, music & prop making for community performances.</p> <p>PtD Schools' Programme 10am-3pm:</p> <p>Thursdays - KS3 students Fridays - KS4 students</p>
<p>Samaritans (Kettering)</p>	<p>24/7 helpline for support</p>	<p>Location: 111 Montagu Street Kettering NN16 8XL</p> <p>Call 116 123 or email jo@samaritans.org.uk (reply may take a few days).</p> <p>Website: www.samaritans.org/branches/kettering/</p>

<p>Shine Arts and Wellbeing</p>		
<p>Substance to Solution (S2S)</p>	<p>Support for those having issues with drugs and alcohol.</p> <p>1:1 appointments</p> <p>Peer lead groups</p> <p>Workshops</p>	<p>Location: 20 Carrington Street, Kettering NN16 0BY</p> <p>Times vary - see below: Monday 9:30 - 16:45 Tuesday 9:30 - 16:45 Wednesday 12:00 – 16:45 Thursday 9:30 - 16:45 Friday 9:30 - 16:00</p> <p>Website: https://www.changegrowlive.org/substance-to-solution-northamptonshire/kettering</p>
<p>Voice Northants</p>	<p>Support for victims of a crime.</p>	<p>Location: Warwick House, Billing Road, Cliftonville, Northampton, NN1 5BE</p> <p>Opening Hours: Monday, Wednesday, Friday – 8am-6pm</p> <p>Tuesday, Thursday – 8am-8pm</p> <p>Saturday – 9am-5pm</p> <p>Call: 0300 303 1965</p> <p>Email: info@voicenorthants.org</p> <p>Website: https://www.voicenorthants.org/</p>
<p>Youth Works</p>	<p>Youth counselling and emotional wellbeing support (ages 11 - 18), self referral/parent/carer referral via website</p> <p>Accessing Counselling « Youth Works Northamptonshire</p> <p>Drop In Wellbeing Cafe: mental health support for young people aged 10 - 18</p> <p>Tuesdays in Corby Thursdays in Kettering</p>	<p>Location: Keystone Centre, 97 Rockingham Rd, Kettering NN16 9HX</p> <p>Tel: 01536 518339</p> <p>email : enquiries@youthworksnorthamptonshire.org.uk</p> <p>Website: www.youthworksnorthamptonshire.org.uk</p> <p>Open Monday, Tuesday 9am - 6pm, Wednesday, Thursday 9am - 8pm, Friday 9am - 3pm, Saturday 10am - 12pm</p>

	<p>4pm - 8pm No need to book</p> <p>RE:Start - support for young people aged 16 - 25 transitioning from children's mental health services to adult services. Self or professionals referral via website.</p> <p><u>RE:Start « Youth Works Northamptonshire</u></p> <p>Support groups, family/parent support, activities for young people, holiday clubs (see website)</p> <p><u>Youth Groups & Activities « Youth Works Northamptonshire</u></p>	<p>Drop in Wellbeing Cafe - Thursdays 4pm - 8pm</p> <p>Drop in support information</p> <p>www.youthworksnorthamptonshire.org.uk/counselling/drop-in-support-and-sexual-health-service/</p> <p>LGBTQI+ Group (Keystone) Mondays 4-5.30pm</p> <p>SEND Group (Knibb) Mondays 5-6pm</p> <p>Circus Skills (Knibb) Mondays 6pm-7pm</p> <p>Board Games Group (Keystone) Wednesdays 6pm - 7.30pm</p> <p>Sports Group (Knibb) Thursdays 4pm-5pm</p> <p>Knibb Montague Street Ketting NN16 8AE</p>
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