

## Help finding the right support

### Porchlight Primary Care Community Link Service (South Kent Coast)

Age 17+

0800 567 7699 [info@livewellkent.org.uk](mailto:info@livewellkent.org.uk)

The link service can offer you one to one support for up to 8 weeks addressing a range of issues which are impacting your mental health and wellbeing. Issues include benefits, finance, housing, relationships, education, training or employment. Staff can link you to specialist services if you need further support.

**The advice sessions are offer are listed below - no appointments needed, please just drop in:**

- **Every 2<sup>nd</sup> and 3<sup>rd</sup> Monday in the month 10.00-14.00** St Peter's Church  
Dorman Avenue North (off Market Square), Aylesham, Canterbury CT3 3BL
- **Tuesday 10.00 – 12.00** South Kent Mind, 24 / 26 Dover Road, Folkestone,  
CT20 1JQ
- **Tuesday 10.00-12.00** Wellbeing Centre, Charlton Shopping Centre, High  
Street Dover, CT16 1TT
- **Wednesday 10.00 – 12.00** South Kent Mind, 24 /26 Dover Road, Folkestone  
CT20 1JQ
- **Thursday 10.00-12.00** Civic Centre, Castle Hill Ave, Folkestone CT20 2QY
- **Friday 10.00-12.00** South Kent Mind, 24 / 26 Dover Road, Folkestone CT20  
1JQ