Event

NHS
Kent and Medway
Talking Therapies

World Mental Health Day 2026: Connecting Our Community

Friday 9th October 2026

Kent and Medway Talking Therapies is proud to hold a series of events in collaboration with Mental Health Matters, Live Well and Kent & Medway Mental Health NHS Trust to support World Mental Health Day 2026.

Our Shared Mission:

These events will bring together community mental health organisations from across Kent and Medway to showcase the support available for both service users and professionals while encouraging organisations to work more collaboratively and strengthen local mental health networks.

In Partnership with:

mhm mentalhealthmatters

Live well Kent and Medway

NHS
Kent and Medway
Mental Health
NHS Trust

Who This Event Is For:

Anyone who wants to meet local mental health services, find out what support is available, and gain information and advice. Whether you are seeking support for yourself, supporting others, or working within health and social care, this event offers a valuable opportunity to discover the wide range of mental health resources available across Kent and Medway.

Join us!

Rainham Healthy Living Centre Cafe
ME8 8AA | 09:30 to 14:00

Dartford Safe Haven
DA1 1BX | 11:00 to 16:00

Tunbridge Wells Safe Haven
TN1 2UY | 11:00 to 16:00

Folkestone Safe Haven
CT20 1EY | 11:00 to 16:00

Ramsgate Safe Haven
CT11 9AG | 11:00 to 16:00

Canterbury Safe Haven
CT2 7EE | 11:00 to 16:00

Maidstone Safe Haven
ME15 6LU | 11:00 to 16:00

Gillingham Sunlight Centre
ME7 1LX | 09:30 to 14:00

Balmoral Gardens Cafe
ME7 4PN | 09:30 to 14:00

Medway Maritime Hospital
ME7 5NY | 11:00 to 16:00

Scan to find out more

Services provided by

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Part of Spire Healthcare

withyou