

Who we are

Kelly's Heroes is a Northamptonshire based mental health charity dedicated to offering support to individuals facing poor mental health. We focus on raising awareness while providing timely and compassionate support to those in need.

Why we are here

Founded in 2019 after the heartbreakng loss of Kelly Francesca Hewitt, this charity was created by her family and friends who never want anyone else to experience such a tragedy. A charity in her name can save lives by providing the support and help that Kelly didn't have.

The shock, grief, guilt, anger are still as raw today as they were on the day Kelly's family and friends lost her. Her passing has left a huge void in many lives. It's like a pebble dropped in a pond, with ripples that seem to go on forever. Ensuring access to vital services for people at critical points in their lives is essential.

www.kellysheroes.org.uk

“Thank you Kelly's Heroes, you are holding me up when I feel like I'm falling and for that I am forever grateful.”

What we offer

Holistic Support:

Addressing mental health challenges through comprehensive care, whether that is emotional support, bespoke counselling interventions, or a support group.

Education:

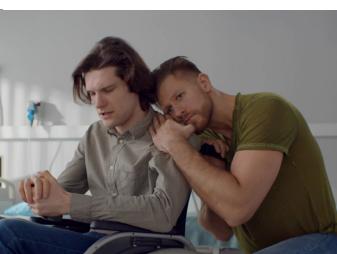
Raising awareness and understanding through education, a comprehensive range of courses available.

Lifeline Services:

Offering timely and compassionate assistance, when you need it.

Peer Support:

Providing community wellbeing activities to promote recovery and connecting individuals who have been bereaved by suicide through our groups.



We've got you!



Helping Communities
Outreach & Awareness raising
Prevention of Suicide
Education for understanding



Tel: 0800 0025 400

www.kellysheroes.org.uk

Registered Charity: 1182625

Mental Health
support and suicide prevention

The importance of timely support

Offering support as soon as possible is crucial in addressing mental health challenges effectively. Our aim is to support as many people as possible, which is why our counselling sessions are initially limited.

We are here for those who are struggling, ensuring that everyone receives some form of assistance and never feels alone in their journey.

Issues we are supporting

At Kelly's Heroes, we are trained to support individuals facing a wide range of mental health issues. Whether it's anxiety, depression, grief, trauma, or other challenges, our dedicated team is committed to providing empathetic and professional support. By offering a compassionate ear and practical guidance, we strive to empower individuals to navigate their mental health challenges with resilience and hope.

Our Listening Ear Service

Our online chat service available every evening from 6pm, providing a safe space where you can remain anonymous if you prefer. Our trained support workers are ready to listen and offer support, no matter what you're feeling. Whether you need someone to talk to, share your thoughts with, or simply listen without judgment, we are here to provide support whenever you need it.



Understanding through practical training

Our training courses at Kelly's Heroes cater to individuals and communities alike, offering flexibility and adaptability to meet specific needs. We specialise in mental health awareness and equipping participants with skills for managing difficult conversations surrounding suicide.

Whether you're seeking training for personal development or for a group setting, our courses are designed to empower and educate. From accredited mental health first aid, suicide first aid, to advanced strategies in crisis intervention, our training courses ensure practical knowledge and confidence in supporting mental health challenges within any context.



Our work in the community

At Kelly's Heroes, we are dedicated to actively raising awareness within our community. We engage with local settings, attend festivals, participate in networking groups, and foster relationships through collaboration. By being present and involved, we aim to create meaningful connections that promote mental health awareness and support.

Support Kelly's Heroes

Become a Kelly's Hero and actively fundraise for us to ensure we can continue our vital work. Together, we can make a difference and build a more compassionate and resilient society. Thank you for your generosity and belief in our mission.

If you are doing or would like to do a fundraiser, we'd love to support you with it. Please contact us with details of your event.

[Hello@kellysheroes.org.uk](mailto>Hello@kellysheroes.org.uk)