

Medway Young Beginnings



working with young people in schools to raise awareness of mental health

We are working with secondary schools in the Medway area to raise general awareness of mental health in young people. We will support them individually and in groups to identify problems, and help them build resilience and develop ways of coping. We offer presentations, classroom based activities, group work, and individual support.

For further information, please contact Vicky Whitebread on 01322 291380 or email enquiries to vickywhitebread@dgsmind.co.uk.

North Kent Mind (formally DGS Mind) and Maidstone & Mid-Kent Mind have formed a new partnership to provide mental health services in Medway.



Formally Dartford, Gravesham & Swanley Mind