

It was a brilliant presentation and just what the girls needed to hear. It was such a privilege to have you come in and speak to them and also to have your support throughout the week.

Wilmington Girls Grammar School



North Kent Mind also offer the following services for adults

Wellbeing Services

A range of services, from informal open sessions through to self-management groups, and activity sessions.

Supported Housing

A service for 27 people who have experienced mental health problems and need some support to live independently.

MHFA Adult and Youth Courses

MHFA is a 2 day course which teaches people how to identify, understand and help someone who may be experiencing a mental health issue.

IAPT/PCPT Counselling Services

Talking therapies under the NHS are available through our Improving Access to Psychological Therapies Service. Our range of interventions includes; guided self help, cognitive behavioural therapy (CBT), counselling and group work.



for further information please contact:

vickywhitebread@northkentmind.co.uk

01322 291380

North Kent Mind, The Almshouses,
20 West Hill, Dartford, DA1 2EP



Young Beginnings

Young People's Mental Health Support Services

Young Beginnings Services

Mental health issues affect 1 in 4 of us, and yet too few people know what they are, how to recognise them and what to do about them. Stigma, discrimination and fear can prevent people accessing the information and help they or their loved ones need. It's time young people had the opportunity to learn about mental health at school, just as they learn about other important areas of their health.

We work with secondary schools in the North Kent area to raise general awareness of mental health in young people. We 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, individual support, and a drama workshop.

North Kent Mind

Providing Mental Health Services in partnership with people since 1967. Now offering a wide range of services:

"I think that I have helped others and others have helped me. I think having other people going through similar things helps me more than people who haven't".



Young Beginnings Menu

Mindfulness

1½-2 hrs taster session for up to 30 students

£80

Courses:

6 or 8 week structured courses lasting 1½ hrs per week for around 12 students. Choose from: Mindfulness, Self Harm, Body Image and Eating Disorders, Relationships (includes Bullying); Depression; Anxiety.

£480 (6 week)

£540 (8 week)

Interactive Classroom Session:

Mental Health or Stigma and Resilience; 1 hour workshops for up to 30 students

£50

Resources Stall / Pop-up shop at a school event

half day

£50

Mental Health Awareness Sessions for Teachers and/or Parents

per half day

£125

Drama Workshops on Mental Health Issues

On site Counsellor

Prices on application

Bespoke Packages also available on request

MHFA (youth) on request

£300 per person

"I have better understanding of my emotions and I will use my knowledge for when I am in situations".