



## Wellbeing Services During the Covid-19 Crisis

Wellbeing Services are open to anyone aged 17 or over who has a mental health issue and lives within the Dartford, Gravesham or Swanley area. Service includes:

- One-to-one support via telephone, text or email.
- Someone to talk through fears and uncertainties and emotional distress.
- Support to work through anxiety issues and how to maintain wellbeing in the current lockdown.
- Support with techniques to establish routine and manage stress and loneliness in isolation.
- Working through psycho-educational coping strategies.
- Access to various wellbeing resources through social media.
- Identify other services within the locality including referrals to Employment, IAPT services and signposting to other local agencies.

For more information and to apply for these services  
**Contact : 01322 291380**  
[admin@northkentmind.co.uk](mailto:admin@northkentmind.co.uk)