

Thanks to Government Funding, we are able to provide much needed mental health support to our local community.

Funding from the **Coronavirus Community Support Fund**, distributed by The National Lottery Community Fund, is helping us to provide a variety of services to people experiencing emotional distress during the COVID 19 pandemic.

We can offer support in the form of:

Online Coping With Life Courses

These are weekly sessions covering topics such as Anxiety, Stress, Depression and Self Esteem.

They are delivered either in weekly 1½ hour sessions for 4 weeks, or via individual webinars.

Sessions will help you understand triggers, symptoms and behaviours, and develop coping strategies to manage them.

Online Mindfulness Course

Weekly sessions (1½ hours over 4 weeks) Introduction to Mindfulness.

This will help you learn techniques for coping with Depression and Anxiety by grounding you 'in the moment'. Covers informal and formal meditation and relaxation techniques.etc.

Online Peer Support Groups

Held weekly, usually for 1 hour. Unlike a course where you should attend every session, these groups provide a social space where you can 'drop-in' and participate in activities or social interaction with people with similar experiences.

There are different groups – an activity group, a coffee morning, and a young persons' group (age 17 – 25).

For any of these online groups you would need to download and access Zoom (a useful conferencing facility).

Once this is done, it's very easy to access and we can offer help in setting this up if you need it.

All remote sessions are facilitated by a member of staff.

Short Term Individual Support

Alternatively, we can offer short term individual support – via Zoom or telephone. This is to provide a listening ear, work with you on coping strategies, and signpost you on to other services if necessary. It is not therapy.

Young Person's support (age 17 – 25)

We are offering various services to young people. In addition to the young persons' peer support group above, we are delivering workshops on issues such as Anxiety, Stress, Depression, Self Esteem and Emotional Wellbeing. We can also offer individual telephone or online support.

Information

We can supply a variety of information leaflets and self-help booklets about various mental health conditions

For more intense support we can also offer 12 weeks of funded counselling

If you are interested in any of these services, visit our webpage at

www.northkentmind.co.uk

and complete the referral form

<https://northkentmind.co.uk/north-kent-mind-digital-registration-form/>

Alternatively, contact us on **01322 291380** or email

covid19response@northkentmind.co.uk

Useful Phone Numbers

Samaritans

Open 24 hours a day, seven days a week and provide confidential, non-judgmental emotional support.

Call: **08457 90 90 90**

Email: jo@samaritans.org

Samaritans Text Service: **07725 90 90 90**

Mental Health Matters

Helpline is a confidential service offering emotional support to anyone calling.

Helpline: **0800 107 0160** 24 hours a day, 7 days a week.

Email: info@mentalhealthmatters.co.uk

Mobile Freephone: **0300 330 5486**

Minicom: **0191 549 8563**

Kent and Medway Social Care Partnership Trust

Have a crisis contact centre for statutory mental health support services. This single telephone number is available 24/7 if you need mental health advice and support.

Call: **0300 222 0123**, 24 hours a day, 7 days a week

Minicom: **0786 002 2819**.

North Kent Mind's Services

Wellbeing Services:

A range of open and activity sessions, courses and groups

Psychological Therapies:

Talking therapies provided on behalf of the NHS: Counselling, CBT, Psycho-education, Guided Self-Help, and Group Work.

Fee-Paying Counselling:

Individual Counselling without rigid limits as to the number of sessions available. Fees from £12 per session.

Supported Housing:

Long and short-term supported housing.

Education:

Placements for social work students, mental health nurse trainees and trainee counsellors. Mental health training sessions in various settings.

Training Services

Mental health training.

Springboard Employment Services

A range of services to support people into employment, volunteering or training.

All our leaflets are available in large print, Braille, or other formats, on request.

In North Kent Mind we are committed to continuously improve our services through quality review and service user feedback.

01322 291380

www.northkentmind.co.uk

North Kent Mind

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**SUPPORTING
EMOTIONAL WELLBEING
DURING COVID 19**

Live well Kent
Community wellbeing

HM Government

In partnership with
THE NATIONAL LOTTERY
COMMUNITY FUND