

North Kent Mind offer telephone support, digital support/courses via webinars, Zoom video communications, and online portals.

<https://northkentmind.co.uk/digital-support-services/>

Please access the above link for information on;

Zoom basic setup

Zoom setup via mobile

How to **join a Zoom meeting** from your laptop or PC

Setting up **WhatsApp**

Setting up **Email** account

Setting up **Skype**

Coping With Life (CWL)

Sessions on Anxiety/Stress/Depression to guide and support people through various coping strategies (this course is run on a regular basis).

See <https://northkentmind.co.uk/digital-support-services/> or call us 01322 291380

Preparing for Work

Our new virtual online workshop will improve you skills, knowledge and employability (this course is run on a regular basis).

See <https://northkentmind.co.uk/digital-support-services/> or call us 01322 291380

Digital Mindfulness Courses

Our Mindfulness courses repeat every 6 weeks,

Four sessions covering an introduction to Mindfulness. Explaining the meaning of Mindfulness and how to practice mindfulness in your daily life. Includes an introduction to Mindfulness meditation:

For further information see <https://northkentmind.co.uk/digital-support-services/> or Call us 01322 291380

Computer Group

Four online sessions covering how to keep safe online and additional training resources available (this course is run on a regular basis) We also offer telephone support.

Time for Change

The group enables people to look at past and present experiences, and how they can learn from these to make changes in their life and way of being. It has been found to be particularly useful to people who have a diagnosis of personality disorder.

For further information please visit: <https://northkentmind.co.uk/time-for-change-group/> or call us 01322 291380

Young Person's Peer Support Group (Every Friday 13.00 – 14.00)

A friendly and welcoming support group for people aged from 17 to 25, who have emotional issues. This group offers the opportunity for young people to connect with others and share and explore interests, hobbies and experiences (I.T support for Zoom is available).

Coffee Mornings (Every Tuesday 10.30 – 11.30)

A friendly and relaxed space for adults with mental health issues to connect with others. Make yourself a cuppa and join us for informal chats about a range of interesting topics (I.T support for Zoom is available).

Peer Support Activity Group (Every Thursday 10.30 – 11.30)

A friendly and relaxed space for adults with mental health issues to connect with others, while engaging in a range of activities, such as quizzes, bingo, poetry, gentle exercise, games, art etc (I.T support for Zoom is available).

Children and Young People's Support (CYP)

Please contact us for more information

Please refer to <https://northkentmind.co.uk/digital-support-services/>

Or call us for further information

01322 291 380

Silver Cloud

Online guided self-help programmes for stress, depression and anxiety.

<https://northkentmind.co.uk/silvercloud/>

Talking Therapies – IAPT

North Kent Mind presently offers IAPT Talking Therapies in Dartford, Gravesham and Swanley, and Medway via the telephone and digitally.

<https://northkentmind.co.uk/talking-therapies-iapt/>

Contact us on 01322 291380
NHSreferrals@northkentmind.co.uk

Men's Group

Open to individuals who have previously suffered or currently suffering from a Mental Health issue.

For further information please contact:

Luke Warren on 01322 291 380

lukewarren@northkentmind.co.uk

The Friendship Group

The Friendship Group provides support for individuals with mental health issues. The sessions are held on Saturdays

For further information please contact:
Julie Moss on 0122 291 380

juliemoss@northkentmind.co.uk

Springboard Employment Services

A range of services to support people into employment, volunteering or training via the telephone or digitally.

<https://northkentmind.co.uk/springboard-services/>

Contact us on 01322 291380
EmmaJarnell@northkentmind.co.uk

Aspirations

One to one support, based around your goals, for people who want to make a change.

further information, please contact:

Ben Green Office 07458 304 428

Benjamingreen@northkentmind.co.uk Or visit

<https://northkentmind.co.uk/aspirations/>

Coronavirus Community Support Fund

If you would like some support with your mental health issues through this period via the telephone or digitally. Please complete the online registration form via the link below.

Please complete our form at
<https://northkentmind.co.uk/supporting-you-and-your-mental-health-nkm-covid-19-response-project/>

01322 291380

www.northkentmind.co.uk

North Kent Mind

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 **mind** | North Kent
for better mental health



Digital and Telephone Services

Supporting You Safely