

Employment Services:

These services are delivered by North Kent Mind, assisting people with mental health, to learn new skills, develop existing skills, seek volunteering opportunities and paid employment. This is a practical way to gain self-confidence, develop skills and personal qualities. This enables people to have a more positive impact on their future. The four key opportunities within this service are:

1. Assisted Volunteering

This is a service to help people take up volunteering opportunities. We can help you find a fulfilling volunteer role. We will work with you to identify what your interests are, help you in researching/contacting appropriate organisations. We will assist you in securing a volunteering role and support you through your placement.

2. Employment Support

This service helps you find paid employment. We can help you write your CV, apply for job roles, complete application forms and prepare for interviews.

3. Vocational Support

If you are looking to develop your skills, learn new ones or change your direction in life, we can help you identify and access training and educational opportunities. We will support you and help move you towards your goals once the training has completed.

4. Personal Development

The Preparing for Work Programme will help you with building confidence and raising self-esteem. We will work with you to identify and evaluate your skills, personal qualities. This will support you in developing your strengths. We will help you identify development needs, providing a safe environment where you can explore these areas.

What people who have used the service say about it:

“Mind encouraged and empowered me to take the leap of finding work. I’m now employed and looking forward to starting a new exciting chapter of my life. Thank you for believing in me and seeing my potential.”

Where and when?

The service is provided on a one-to-one or group basis in Dartford, Gravesend and Swanley. An IAPT Employment Service is delivered from Medway. The Preparing for Work Group is delivered from local venues in DGS.

How do I apply to join?

To be able to use these services you should:

- Live in the Dartford or Gravesham Boroughs or Swanley District Council
- Or be engaged with Medway’s IAPT services.
- Be 18 or over and have or recovering from mental health issues.
- Motivated to take up the opportunities offered by these Services.

Referrals to the service can be made by you, or by a professional on your behalf.

Contact:

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The Aims of Employment Services are:

To support people with mental health issues with working towards their recovery, by supporting them in voluntary work, work placements, paid employment or vocational training.

To increase confidence, self-esteem, skills and social networks, and promote social inclusion.

To empower people to play an active and valued role in their own communities.

To give people with mental health issues the opportunity for new challenges.

To ensure people with mental health issues have the same rights to employment and education as anyone else.

Working with others:

The success of this service has often been through the links we establish with other local initiatives working in the field.

We work closely with the local Jobcentre Plus offices to provide support to unemployed people experiencing mental health issues. We engage with the community by offering Mind services and delivering Preparing for Work sessions. Through these activities, we are able to reach out to people who might not otherwise have accessed our services.

North Kent Mind's other Services:

Wellbeing Services:

A range of open sessions, activity sessions, Coping with Life courses, self-development, support groups, mindfulness courses, recovery groups

Psychological Therapies:

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

Low-cost Counselling:

Individual Counselling without rigid limits as to the number of sessions available. Fees from £10.00 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.

All 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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Springboard Employment Services

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