

## Contact us!

Please contact **Rebecca Smith, CYP Manager** to discuss any of the above, or to build a bespoke package for your school:

[cyp@northkentmind.co.uk](mailto:cyp@northkentmind.co.uk)



 **mind** North Kent  
**For better mental health.**

## 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.

### NHS Talking Therapies (IAPT)

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

### Employment Services

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

### Fee-paying Counselling

Individual Counselling and Group Therapy without rigid limits as to the number of sessions available. Fees from £12.00 per session. As well as Anger Management Courses running over 6 weeks with a fee of £150.

### Housing Services

A service consisted of supported housing properties offering short-term tenancies, as well as rough sleeper support projects.

### Training Services

Mental health training.

#### North Kent Mind

The Almshouses | 20 West Hill, Dartford | DA1 2EP

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 **mind**  
North Kent

**Children and Young  
Persons Service**



**01322 291380**

**[northkentmind.co.uk](http://northkentmind.co.uk)**

# CYP Services

## 1:1 Coaching

We provide 1:1 coaching for students identified to be either; i.e. at risk of developing mental health issues or ii. presenting increased need for mental health support. This includes general discussion with youth Schools Coach around current context, issues/ worries and general life for solution-focussed coaching support.

These sessions run on a 6-week model basis, should more/less be required this can be discussed with the Schools Coach.

## Group Workshops

We also run group psychoeducational workshops and courses on a range of mental health issues prevalent in CYP; such as anxiety & stress, depression/ low mood, emotional intelligence (including anger), relationships etc.

Positive psychology informed workshops are also an option with

an emphasis on building psychological capital: such as resilience, hope, optimism, character strengths, goal setting.

Specific needs can be discussed with the school, with the provision to tailor existing courses to identified need or create bespoke workshops/courses where required.

Workshops run between 1-2 sessions depending on content

Courses run on a 4-6 weekly basis.

## Community Involvement

Community involvement and coordinated work with outside agencies: e.g. relationships with quality assured support groups, youth charities, national movements and social clubs supporting CYP interests and abilities.

## Alternative Support

Signposting to treatment services: e.g. quality assured CYP counselling services (including recommendations to school counselling), NELFT etc.)

# Additional Services

## Parent/guardian drop-in

Parent/guardian drop in sessions are delivered physically or digitally to give parents/guardians a space to discuss individual concerns about their young person and be offered guidance of where to find the best support and further help.

## Training

Training for staff or parents based on a range of common mental health issues; this includes detailed information about what they are, what to look out for, coping mechanisms and where to find further help/support.

North Kent Mind are able to build the programme based on your specific requirements and can offer support with grant applications to access our bespoke fee-paying support. Contact our team to see how we can best support you!