

Directory of Services

North Kent Mind is the local mental health charity delivering services to people in Dartford, Gravesham, Swanley and Medway. To access any of these services, just ring:

01322 291380

All information can be found on our website:

northkentmind.co.uk

 **Mind**
North Kent



Important Information

North Kent Mind operates in the areas of Dartford, Gravesham, Swanley and Medway. Throughout this document, they will be referred to as the following:

Dartford- **D** Gravesham- **G** Swanley- **S** Medway- **M**

We also run our services in a range of venues. A list of these, along with their addresses, can be found below:

54a The High Street	Gravesend, Kent, DA11 0AY
Darenth Country Park	Darenth Park Ave, Dartford, DA2 6LZ
Dartford FC	Princess Park Stadium, Grass Banks, DA1 1RT
Dartford Methodist Church	43 Spital Street, Dartford, DA1 2DX
5A Community Hub	5A New Road Avenue, Chatham, ME4 6BB
Gravesham Place	Bath Street, Gravesend, DA11 0DG
Riverside Centre	Dickens Road, Denton, Gravesend, DA12 2JY
St Anselm's	89 West Hill, Dartford, Kent, DA1 2HJ
St Augustine's	Vicarage Road, Rock Avenue, Gillingham, ME7 5PW
The Almshouses	20 West Hill, Dartford, Kent , DA1 2EP
The Hill Hub	Highfield Road, Dartford, DA1 2JH
St. Peter's Church	College Road, Swanley, BR8 7RH
Gravesend Veterans Club	Clarence Place, Gravesend, Kent, DA12 1LB

NHS Talking Therapies

(previously IAPT)

These are psychological therapies provided free on the NHS for people over 17 residing in **DGSM**. Tackling issues of anxiety, depression, OCD, Post Traumatic Stress Disorder, panic attacks and similar mental health issues. Qualified and experienced therapists, specially trained in this type of work, provide effective but time-limited individual help, using counselling or CBT-based techniques. An assessment is arranged prior to being offered these services, which may be delivered remotely or in-person, individually or in groups. These are available within the venues of **5A Community Hub, 54A The High Street, Gravesham Place, The Almshouses, St Anselm's and online.**

If you reside in **DGS**, to directly access this service, please email:

firstcontact@northkentmind.co.uk

If you reside in **M**, please call: **0300 029 3000**

email **medway@everyturn.org**

In a crisis situation the following contacts are available
24/7:

Call 111 and select **option 2** for a specialist mental health team

**Kent and Medway Partnership Trust (KMPT) - 0800
783 9111**

Samaritans Freephone - 116 121

SHOUT - Text 'KENT' to 85258

Employment Services

Individual Placement Support in **DGS** offers weekly support with job searching, CVs, mock interviews, dealing with interview anxieties and identifying suitable opportunities, providing tools to move forward in competitive employment.

Within our Talking Therapies services we have dedicated Employment Advisors. This can be accessed through our talking therapies service (see page 3).

More information and self referral to these services can be made at <https://northkentmind.co.uk/dgs-lwkm-employment-support>

Money Guidance

DGS offers money management for better health via a weekly digital workshop. Support from peers is given to gain life skills and with managing mental health issues associated with money worries. Some one to one support sessions are available depending on availability.

Medway money guiders sessions are one to one for 4–12 weeks and is limited to those 17+. Support is offered predominantly in person and looks at an individual's financial situation and how it could be improved. Support includes debt management, awareness of scams, welfare and benefits advice and budgeting

These are Live Well Kent & Medway services provided by Porchlight and Shaw Trust on behalf of Kent County Council and the NHS.

More information and self referral to these services can be made at <https://northkentmind.co.uk/money-guidance>



Wellbeing Services

These are services provided free for people aged 17+, and are available for those residing in **DGSM**.

The following Wellbeing groups are Live Well Kent & Medway services provided by Porchlight and Shaw Trust on behalf of Kent County Council and the NHS.

Managing Depression - DGSM - this course focuses on understanding depression and its relationship with our emotions, thoughts and behaviours. It provides tips to staying well and how to challenge negative thoughts.

Managing Anxiety - DGSM - this course helps us understand anxiety, how it affects our daily routine and how we can empower ourselves and regain control. We will look at ways to improve our self-esteem, our problem solving skills and relaxation skills to maintain mental wellbeing.

Improving Self-Esteem, Confidence & Assertiveness - DGSM - this course centres around understanding what causes low self-esteem. We will look at how to improve our own self-worth, gain more confidence and teach strategies to become more assertive.

Stress Management and Relaxation Techniques - DGSM - this course looks at identifying the root causes of our stressors, such as work, family, health, finances, and how we can manage stress more effectively. It practices relaxation techniques and how this can be incorporated in daily life.

Mental Wellbeing Matters - DGSM - This course is focused around our mental wellbeing, how we maintain good mental health, looking into empowerment, resilience, self-care and self-expression.

Mindfulness - DGS - This course teaches how to apply mindfulness into our everyday life, understanding our thoughts and feelings and learning how to pay attention to the world around us. The course for Medway is called **Let's Be Mindful**.

Recovery Based Activity Groups - DGS - This is a 2hr, weekly in person group. Attendees will be engaging in activities and open discussions around wellbeing. Refreshments are provided. Our goal is to help reduce social isolation, provide peer support and a sense of community. Our wellbeing space will be open to the public and offer the opportunity to sign up and discuss what our groups consist of.

Virtual Weekend Wellbeing Space - DGS - (weekly on Saturdays for 2 hours). A weekly session hosted digitally on Saturday mornings to enable engagement for the isolated, paving the way for them to join in -person services. Focusing on peer support, engagement, making connections, developing confidence, task-based activities, and social skills.

Individual Support - DGS - A support pathway of 12 weeks providing 1-1 person-centred support with one of our Wellbeing Coaches. Service users co-produce support plans alongside coaches identifying life goals. Actions are based on a shared understanding of barriers to recovery, identifying a preferred means to achieve them whilst being supported.

Peer Support Interventions - DGS - 12 week programme based around building positive relationships, recovery and making changes that benefit our lives. Our 2 hour sessions will then be followed up with a further 2 hours activity. We will also be offering one to one individual support or telephone one-to-one sessions, motivating behaviour, inspiring recovery, and engagement with our services.

Resilience - M - This course looks at understanding resilience, the importance of resilience and overcoming challenges in life.

Time for Change - M - A 12 week programme offering a 2 hour session based around forming positive relationships, recovery and making changes that benefit our lives. Our 2 hour sessions will then be followed up with a further 2 hours activity.



Self-Help Condition Based Groups - M - This programme consists of a 2-hour self-help groups supporting individuals for 3 months. Attendees are 17+ with mental health concerns can engage in group work on issues such as Social Anxiety and Agoraphobia, Depression and Hearing Voices.

Bereavement and Loss Programme - M - Our 12 week bereavement and loss course focuses on dealing with the shock and numbness, yearning, and searching, disorganisation and despair, reorganisation, and recovery. Our bereavement and loss programme will be facilitated by an accredited counsellor.

More information and self referral to these services can be made at

DGS - <https://northkentmind.co.uk/dgs-wellbeing-services>

M - <https://northkentmind.co.uk/medway-wellbeing-services>



Men's Group

Running over 10 weeks and held at **Dartford FC**, this group will offer support for individuals over 25 who have a mental health issue and reside in **DGSM**. The group combines open discussion with exercise and nutrition to tackle the stigma of mental health and to get men talking.

Ecology Island

This is an award winning nature-based intervention, available for those residing in **DGSM**.

Participants take part in a range of nature-based activities which allow them to learn new skills in a supported environment, outdoors in nature. Examples include bush craft, campfire cooking, scrub clearance, wildlife ID, litter picking, bird and bat box building, wildflower planting and more. This is held at **Darenth Country Park**.

More information and self referral can be found at

<https://northkentmind.co.uk/ecology-island>

Crisis Peer Alternative Service

This service provides people residing in **DGSM**, who have experienced a mental health crisis, with appropriate post-crisis support. This enables them to access longer term community help so that a further crisis is less likely.

It also works with those who have been unable to access more specialist mental health support, or are waiting for services, but may be at risk of crisis during that time.

The service will primarily run between 10.00 am and 6.00 pm, Monday to Friday. There will also be a remote service on Saturday.

To directly access these services, please email:

crisispeeralternativeservice@northkentmind.co.uk

Fee-Paying Services

Low-Cost Counselling

This service is available for those residing in **DGSM** and is funded through a small charge made by clients who use it. The cost is £15 a session, and there is a cap of 2 years to receive this service. This service is provided at **5A Community Hub, 54A The High Street, The Almshouses and St Anselm's**.

Anger Management Courses

We run these courses regularly, for which a charge of £150 for 6 weeks is made, payable in advance. This service is available for individuals residing in **DGSM** and they are held at various locations.

To directly contact someone regarding these services, please email:

fee-payingservices@northkentmind.co.uk

Children and Young Persons Service

This service is funded by various organisations such as Kent County Council, Individual Schools, Medway Virtual Schools, National Mind and Richard Watts Charities, and is available for residents of **DGSM**. We work in both Primary and Secondary schools, as well as community venues in various locations, providing mental health awareness and improving resilience for young people. We do this through a diverse range of services, including individual support, coaching, group workshops, and parent and staff training.

To directly contact someone regarding this service, please email:

cyp@northkentmind.co.uk

Housing Services

Supported Housing Service

We have 27 units of accommodation based in **DGS**. We currently provide short-term tenancies for up to two years for people needing a supported period before moving to independent housing. This is a Live Well Kent & Medway service provided by Porchlight on behalf of Kent County Council and the NHS.

Hostel Support

We provide the mental health support service to residents in an hostel for local rough sleepers. The accommodation provides both short hold tenancies and emergency accommodation. This is based in **G**.

To directly contact someone regarding these services,

please email:

danieljohnson@northkentmind.co.uk

Interested in fundraising for North Kent Mind?

We welcome all kinds of fundraising activities and aim to support these where we can.

We have a fundraising pack that has lots of advice and tips. For more information and to download the pack please visit our website.

Alternatively, please email us at
fundraising@northkentmind.co.uk

Donations can also be made via our website or by scanning the QR code below



**We are hugely grateful for all of
your support**

Other Opportunities

Mental Health Training

The national Mental Health First Aid (MHFA) course, and Mental Health First Aid (MHFA) Youth are available to other organisations for a negotiated fee through our associated trainers. Bespoke training, including workplace wellbeing and awareness-raising courses are also available for a negotiated fee.



To directly contact someone regarding training, please email:

training@northkentmind.co.uk

Volunteering Opportunities

Many of our services rely on volunteers who give their time and skills freely and for whom we cover expenses. We ask that volunteers commit to a minimum of 4 hours a week for a minimum of 6 months, with additional time to attend support sessions and training. We ask for this level of commitment to ensure continuity for our clients and smooth running of services.

To directly contact someone regarding volunteering, please email:

volunteering@northkentmind.co.uk



**Scan the QR code below to view or
download our Directory of Services
online!**



North Kent Mind is registered with the Charity Commission as Charity Number 1103790
It is also registered with Companies House as a company limited by Guarantee, number
5093370

North Kent Mind is an independent organisation affiliated to national Mind .

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

01322 291380

admin@northkentmind.co.uk

northkentmind.co.uk

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