

Thank you for leaving a gift to North Kent Mind



As a charity we aim to ensure that people with mental health problems have somewhere to turn to, and we exist because of people like you.

By leaving a gift to North Kent Mind you can help to shape the future of local mental health support.



If you have any questions about leaving a gift in your Will, or our work, please get in touch.

We are not solicitors, but we can answer general questions you have.

Contact us

01322 291 380

admin@northkentmind.co.uk

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

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 with a 2 year cap. Fees from £15.00 per session. As well as anger management courses running over 6 weeks with a fee of £150.

Children and Young Persons' service

A diverse range of services aimed at young people in and out of schools to provide mental health awareness and improving resilience.

Housing Services

A service consisted of supported housing properties offering short-term tenancies.

Training Services

Mental health training.

North Kent Mind

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

admin@northkentmind.co.uk

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Shape the future of
local mental health support

 **mind**
North Kent
Leave a Legacy



01322 291380

northkentmind.co.uk



Make a difference

A gift in a will, large or small, is the perfect way to support a cause you care about.

It's a way you can make a lasting difference which can be of immeasurable benefit to others.

You can take care of your family and loved ones first, then, by making a gift in your will to North Kent Mind, you can help shape the future of mental health for people locally.

North Kent Mind relies on generous public support through gifts in wills to deliver high quality mental health services direct to those who need them.

A gift in your will can be life changing, it might even be life saving, to a person in this area who needs help.

- Around 1 in 6 adults in the UK are experiencing depression
- Over 700,000 people take their own life each year – that's one person every 40 seconds
- 1 in 5 people have suicidal thoughts
- 1 in 14 people self-harm
- It's estimated that 3.25 million people were in contact with mental health services at some point during 2021/22

How does it work?

A legacy is a gift of money, property or possessions left in your will.

If you decide to give to a charity, all legacy gifts are currently free of inheritance tax, so everything you leave will go directly towards North Kent Minds services

Making or revising a will is important and we recommend that you **seek independent advice** from a solicitor or bank trust company.

Generally speaking, there are three different types of legacy gifts:

Pecuniary gift: A gift of a fixed sum of money to a charity. You can protect this type of gift from inflation by linking it to the Retail Price Index.

Specific gift: A gift of a tangible item, such as a house, a piece of jewellery or a vehicle. Unless stated otherwise, this can then be sold on.

Residuary gift: A gift of the whole, or a share, of whatever remains of your estate after all other gifts have been distributed and any debts paid.

Some people also choose to include details in their will of a charity to which they would like people to **donate in their memory** if they can.



How legacies help us?

Donations, including gifts in wills, can help us do even more.

You could change an individual's life.

It could help fund a 6 week course to build self-esteem for our children and young peoples services

The money could be used to maintain the flats we offer with our supported housing scheme; helping individuals to start living independently again

Your legacy could fund a 12 week course for our crisis peer alternative service, supporting people age 18+ who are at risk of, or recovering from, a mental health crisis



Our promise to you

We will:

- Use your gift carefully and respectfully so it creates the most impact for people with mental health issues.
- Respect your right to privacy and understand you have the right to change your mind
- Understand that your family and loved ones come first.
- Answer questions you have, and keep you up to date with our work in the way that suits you.