

## 6 Ways to Wellbeing

### Be Active

10 minute sessions of physical activity can make you feel good.

- Go for a walk, run or bike ride
- Take the stairs instead of the lift

### Keep Learning

Learn something new or boost your skills. It's fun and helps to build confidence.

- Learn to play an instrument
- Cook your favourite food

### Give

Do something nice for a friend, or a stranger, even doing small things can make a big difference.

- Compliment or smile at someone
- Volunteer

### Connect

We get by with a little help from our friends. Contact someone you haven't been in touch with for a while

- Join a nearby club or group or meet with friends

### Take Notice

Take time to be aware of the world around you.

- Explore your local area, be curious
- Pause to take a photo of something beautiful

### Care for

Look after your community and environment.

- Reduce, reuse, recycle & repair
- Plant a seed or grow some veg



## 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.

### 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.

### Employment Services

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

### Housing Services

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

### 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 .

### Training Services

Mental health training.

### North Kent Mind

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

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Registered in England Company No. 5093370. Limited by Guarantee.

Affiliated Local Association Registered Charity No. 1103790

MECC July 2023

Dartford, Gravesham,  
Swanley & Medway

 **mind**  
**North Kent**

**Making improvements  
to your  
Health and Lifestyle**



**01322 291380**

**northkentmind.co.uk**



## Live Well Kent

Provide a free service to anyone over 17 whose feelings or worries are impacting on relationships, work or life in general. Service can help to help to improve mental and physical health, improve everyday living, become more independent and confident, meet new people, get better skills or find a job.

**0800 567 7699** | [info@livewellkent.org.uk](mailto:info@livewellkent.org.uk) | [livewellkent.org.uk](http://livewellkent.org.uk)

## Healthy Living

**NHS One You** - <https://www.kentcht.nhs.uk/service/one-you-kent/>

**0300 123 1220**

- NHS One You service can support you to get fit and healthy. You will have access to
- Lifestyle advisers
- A free NHS health check
- A patient programme to help you regain your independence, manage every day situations and boost your wellbeing if you are living with a long-term condition. Support includes:
- Weight loss
- Physical activity
- Stop smoking

## Physical exercise

Part of the NHS One You program

Get advice and information on exercise programmes, activities and ideas, local leisure centres and so much more to improve your physical health.

<https://www.kent.gov.uk/social-care-and-health/health/one-you-kent/get-moving>

Download the **Active10 app** - <https://www.nhs.uk/oneyou/active10/home>

## Alcohol/drug help & advice

**Change Grow Live** - Gravesend & Dartford

**0330 128 1113** | <https://www.changegrowlive.org/>

Charity that supports people to change their lives for the better. A service for adults, children, young people and families. Can help with substance use.

**Turning Point** - Medway

**0300 123 1560** | <https://www.turning-point.co.uk/>

Offers you or a loved one a range of services depending on what you need, from detox and residential rehab to supported living and aftercare support

**Alcoholics Anonymous** - **0800 917 7650**

<https://www.alcoholics-anonymous.org.uk/>

Supporting your personal recovery and continued sobriety from alcoholism

**Drink Aware** - **0207 766 9900**

<https://www.drinkaware.co.uk/>

If you are concerned that you or a loved one has a problem with alcohol, please visit website for many links to other websites that can help.

**Talk to FRANK** - **0300 123 6600 (24hrs)**

<https://www.talktofrank.com/>

Friendly, confidential drug and alcohol advice. Get advice for yourself, a friend or a relative. Call 0300 123 6600 (24hrs a day). There is also support via live chat, SMS and email.

Health, Drink and drugs, Housing and Money.



## Stop smoking

**NHS** - <https://www.nhs.uk/better-health/quit-smoking/> or download the app

There are a variety of different ways that you can quit smoking and many different benefits to your health and wellbeing. Download the app to track your own progress.

Call the free National Smokefree Helpline on **0300 123 1044** (England only). Talk to a trained adviser for advice and support.

## Sexual Health

**GOV.UK** - <https://www.kent.gov.uk/social-care-and-health/health/sexual-health>

Kent County Council

Dartford, Gravesend, Swanley - **0300 790 0245**

Medway Council; (Clover Street) - **0300 123 1678**

**NHS** - <https://www.nhs.uk/live-well/sexual-health/> | **0300 123 1678**

**National Sexual Health Helpline** - **0300 123 7123**

**FPA** - <https://www.fpa.org.uk/> | **0207 608 5240**

Sexual health service providing straightforward information, advice and support on sexual health, sex and relationships. Helping you to make positive choices about your own health and wellbeing.

## Help for under 25s

**The Mix** - <https://www.themix.org.uk/> **0808 808 4994**

Support with:

Sex and relationships, Your body, Mental Health, Drink and drugs, Housing and Money.