

## Our aims

- To support people with mental health work 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

## Contact Us

If you would like more information or wish to access these services please either

### Call us:

01322 291380

### Self-refer on our website:

<https://northkentmind.co.uk/self-referrals/>

### Email:

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

# Live well

Kent and Medway

## North Kent Mind's other services

### Wellbeing Services

Our Wellbeing Courses help people to learn and develop coping strategies using cognitive behavioral techniques whilst all being in person, developing social inclusion further. All of our courses are 1.5 hours weekly over 6 weeks with tasks to complete at home

### 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.

### 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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Dartford, Gravesham,  
Swanley & Medway

 **mind**  
**North Kent**  
**Money Guidance**



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[northkentmind.co.uk](https://northkentmind.co.uk)



## Money Guidance

Money issues can sometimes be very stressful and take a toll on your mental health and wellbeing.

Here at North Kent Mind we can help you navigate through your money worries, by offering support and guidance through our money guidance advisors to help you take control of your finances and get the help you need to support you through the minefield of money worries.

If you don't understand how things like credit, debt, budgeting and in some circumstances benefits work, you could be losing out financially or worse still, getting yourself deeper into debt.



Our money guidance advisors have the skills and the tools to support you in planning your finances and are able to put you in touch with a network of money specialists who are able to offer solid advice to assist you in getting your finances under your control.



## 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 Job centre 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.



## Dartford, Gravesham and Swanley Money Guiders

**Money Guider Individual Support Sessions** will be offered with each lasting up to one hour, depending on need.

- Benefits Advice and support using the entitled to website to calculate benefit entitlement.
- Better off calculations to support with the recent changes to the benefit system.
- Signposting to supporting agencies where required.
- Support with transitions from benefits to work.

**Money Management for Better Mental Health** offers a programme to gain skills for life, liaise with, and get support from peers via weekly digital workshops for 2 hours running for 4 weeks.

Providing help and support with managing the mental health issues associated with money worries and finance.

## Medway Money Guiders

**Regular Money Guiders Sessions one to one for 1 hour, for a maximum of 12 weeks and a minimum of 4 weeks.**

The service is limited to those 17+ and targets those suffering with poor mental health, who may be stressed or anxious, and may have reduced wellbeing, who would benefit from the programme

The sessions will look at the individual's financial situation and ways in which they can help them improve their circumstances.

Support is offered predominantly in person.

### Support includes:

Debt Management

Debt management plans.

Awareness of scams.

Welfare & Benefits Advice and Support (including Universal Credit and Personal Independence payments)

Budgeting

Expert mental health support to encourage and develop resilience and independence, including stress management self-help tools.

