

Contact Us

For more information please
visit our website:

<https://northkentmind.co.uk>

To discuss any of the services,
or to build a bespoke package
for your school please email

Rebecca Smith
CYP Manager

cyp@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. We also provide 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.

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
Children and Young
Persons Service



01322 291380

northkentmind.co.uk



CYP Services

1:1 Coaching

We provide 1:1 coaching for students identified to be either;

- At risk of developing mental health issues or
- Presenting increased need for mental health support.

Coaching is a form of personal development through the use of solution -focussed conversations, psychoeducation and guided support activities to increase self-awareness and develop coping mechanisms.

Group Workshops

6 weekly group psychoeducational workshops and courses on a range of mental health concerns prevalent in CYP.

Topics include, but are not limited to: coping with anxiety, managing low mood/depression, overcoming low-self-esteem, building resilience/optimism, goal setting.

- Coping with anxiety
- Managing low mood/depression
- Overcoming low-self-esteem
- Building resilience/optimism
- Goal setting.

Bespoke workshops can be created upon request

Community Involvement

We encourage local community involvement through relationships with quality assured support groups, youth charities, national movements and social clubs supporting CYP interests and abilities.



Alternative Support

We champion partnership working and coordinated work with outside agencies by signposting into alternative treatment services as required: e.g. quality assured CYP counselling services (including recommendations to school counselling, Children and Adolescent Mental Health Service etc.)

Short Intervention Therapy

A Medway service for children and young people aged 5-18, and up to 25 years for those with special educational needs. Primarily, this service is for children in care, care leavers and those with a social worker.

The aim is to reduce the need for crisis intervention throughout their childhood and adolescence by creating short interventions with high quality impact. CBT, DBT and creative therapeutic interventions are delivered in a group or one to one setting to

support emotive healing, mental and emotional wellness and resilience, coping strategies for life and adverse challenges, and an opportunity to grow supportive community peer relationships.

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 a 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!

