

## Aims of the service

- To offer a high quality, low-cost counselling service. Minimum age of clients is 15 years
- To provide clients with space and time to work with an individual counsellor to meet their individual needs
- To create positive changes in clients' lives by addressing specific problems, identifying ways of coping, developing personal insight, understanding thoughts and feelings, and considering the implications of actions that may be taken
- To encourage clients to make appropriate use of other services provided by North Kent Mind or other agencies
- To provide a counselling service which is also appropriate to the needs of people with significant mental health issues

## Contact Us

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

either

**Call us:**

01322 291380

**Self refer online:**

<https://northkentmind.co.uk/fee-paying-counselling>

**Email:**

[fee-paying@northkentmind.co.uk](mailto:fee-paying@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 (IAPT)

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.

### 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

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

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July 2023

Dartford, Gravesham,  
Swanley & Medway

 **mind**  
North Kent

**Fee-Paying  
Counselling**



01322 291380  
[northkentmind.co.uk](https://northkentmind.co.uk)



## The Service

The Fee- Paying Counselling Service at North Kent Mind is delivered by qualified and trainee counsellors who volunteer to take on this work. We currently have 36 counsellors, providing a service to around 120 clients at any one time. The service is available to clients by arrangement in the daytime, evening and at weekends, at various locations in Dartford, Gravesend and Medway, and remotely.

## What kind of counselling is available?

Our counsellors are from all genders and ages. They come from different walks of life and different cultural backgrounds.

Our counsellors are trained in different modalities and we strive to match the needs of the client with the skills and approach of the particular counsellor.

We also provide an **Anger Management course**, where participants work in a group. This is an 6 week course for 2.5 hours per week. Charge for the whole course is £150 payable in full at time of assessment.



## How do I refer?

Self-referrals, or referrals from any professional, can be made over the phone or via the self-referral form on our website. We will then contact you to discuss your needs, to explain the charging system, and to inform you of how long you can expect to wait before counselling will start. As this is a popular service, there is a waiting list. Sometimes we might suggest another service that is more appropriate to your needs.



## So, how much do you charge?

Initial assessment costs £15, with ongoing costs of £15 per session. There is a limit of 2 years to receive this service.

This service is separate from the Psychological Services that we provide via the NHS, and which are free. The Fee- Paying Counselling Service is designed for people who have counselling needs not able to be met through the NHS service where long term work is more appropriate or who wish to work further on issues once their NHS-allocated therapy is completed.

## What is expected of clients?

Clients will be charged for each session by a weekly direct debit. If you are going to be away on a planned holiday, we need 4 weeks notice of this in advance.

We request that clients complete a feedback form at the end of the counselling, so we have some way of knowing how useful the service has been to you and any areas for improvement.

## Confidentiality

Confidentiality is a key part of the counselling relationship, and counsellors are trained to keep confidential the content of counselling sessions. However, from time to time a counsellor might have serious concerns about the safety of the client, or others. In these rare circumstances, it is appropriate for the counsellor to discuss this with us. All this is explained in the counselling agreement signed by clients.

“Thank you so much for the services of North Kent Mind it has helped me deal with years of suppressed feelings. My counsellor has played a key role in helping me confront & deal with all these issues”