

Contact Us

For more information please
visit our website:

www.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.

Employment Services and Money Guidance

Our employment services support people into employment, volunteering or training. Our money guiders support those with money concerns.

Counselling and Therapy Services

Two services available; Affordable counselling with a 2 year cap, where fees are £15.00 per session. Or Fast Track counselling where fees are £40 for an online session and £45 for an in person session. We also provide anger management courses running over 6 weeks with a fee of £150.

Children and Young Person's Service

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

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

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

Affiliated Local Association Registered Charity No. 1103790

2024



Children and Young Persons Service

Dartford, Gravesham, Swanley &
Medway



01322 291380

northkentmind.co.uk



CYP School Services

Individual Coaching

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

- At risk of developing mental health issues
- 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 Coaching Workshops

6 weekly group psychoeducational workshops and courses.

Topics include, but are not limited to:

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



Bespoke workshops can be created upon request.

Please see our website for further information regarding our coaching services.

Parent/guardian drop-in

Parent/guardian drop in sessions are delivered in person or online 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 Sessions

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 bespoke programme based on your specific requirements and can offer support with grant applications to provide finance.

School Assembly

We provide personalised presentations to be delivered in person or online on a topic of a schools choice. These include mental health information, general tips to look after student wellbeing, and signposting.

Cost Breakdown

Costs are inclusive of local travel (Medway, Dartford, Gravesend, Swanley)

Full day, full academic year	£11,850
Half day, full academic year	£6,750
Parent/guardian support drop in	£150
Training session	£250-£350
School assembly	£130
Individual coaching per session	£60
Group session	£120-£150
Package of 4	£480
Package of 6	£700

All services are professionally supervised and monitored to ensure high quality of support.



Contact our team to see how we can best support you!