

Aims of our services

- To offer a high quality, counselling and therapy service. Minimum age of clients is 18 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 and therapy service which is 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:

www.northkentmind.co.uk/fee-paying-counselling

Email:

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.

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

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2024

 **mind**
North Kent

Counselling and Therapy Services

Dartford, Gravesham, Swanley & Medway



01322 291380

www.northkentmind.co.uk



North Kent Mind offer two different counselling services; Affordable and Fast Track

Affordable Counselling

Our affordable service 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 at various times and locations.

What are the costs involved?

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

Our affordable counselling service is designed for people who have counselling needs not able to be met through an NHS service, where long term work is more appropriate, or who wish to work further on issues once their NHS allocated therapy is completed.

As this is a popular service, there is a waiting list. Sometimes we might suggest another service that is more appropriate to your needs.



Fast Track Counselling

Our fast track counselling service is delivered by fully qualified, employed counsellors. The service is available to clients by arrangement at various times and locations and also remotely.

What are the costs involved?

These sessions are either £40 per session for an online appointment or £45 per session for an in-person appointment. A review will take place after 12 sessions.

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.

How do I refer?

Self-referrals, or referrals from any professional, can be made 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.

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.

Anger Management course

Our affordable anger management course is a 6 week course for 2.5 hours per week, where participants work in a group setting. Charge for the whole course is £150 payable in full at the time of assessment.