

## Our aims

- To support people with mental health issues work towards their recovery by supporting them various ways.
- 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

### Visit our website

[www.northkentmind.co.uk](http://www.northkentmind.co.uk)

# Live well

Kent and Medway

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

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

Affiliated Local Association Registered Charity No. 1103790

2024

# mind North Kent Money Guidance

Dartford, Gravesham, Swanley and  
Medway



01322 291380

[www.northkentmind.co.uk](http://www.northkentmind.co.uk)



## Money Guidance

**We understand** that money issues can often be very stressful and can take a toll on your mental health and wellbeing, especially if you have existing mental health difficulties.

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



Our Money Guidance service is to support **individuals 17+** who are struggling with money difficulties and poor mental health, who may be stressed or anxious, have reduced wellbeing, and would benefit from the programme.

The sessions will look at the individual's financial situation and ways in which their **circumstances could be improved**, with individuals feeling supported, informed, and empowered to manage their money, and improve their wellbeing.

## Individual Support Sessions

Money Guider Individual Support Sessions can be offered weekly with each lasting up to one hour, depending on need. Our money guiders can support you with a range of money concerns, providing guidance and information on the following:

- Budget guidance and planning support.
- Signposting and referrals to supporting agencies where required.
- Support with transitions from benefits to work.
- Guidance for managing debt.
- Awareness of fraud and scams.
- Welfare & benefits advice and support (including Universal Credit and Personal Independence payments)
- Expert mental health support to encourage and develop resilience and independence, including stress management and self-help tools.



## Where and when do these services take place?

1:1 support sessions are predominantly in person and are available in DGS and Medway. Appointments are offered at various times throughout the week in our offices in Dartford, Gravesend, and Chatham. Individuals are encouraged to engage for a minimum of 4 sessions.

On occasion, if it is not possible for an individual to get to the office, appointments can be made within the local community, or online. These would be arranged on a needs basis.



## Money Management for Better Mental Health

In Dartford, Gravesham and Swanley we also offer a programme called Money Management for Better Mental Health.

This is a programme that helps you to gain skills for life, liaise with, and get support from peers via weekly digital workshops. The workshops are for 2 hours and run for 4 weeks. They provide help and support with managing mental health issues associated with money worries and finance.