

## Time for Change

Our time for change group is a 12 week programme offering a 2 hour session based around forming positive relationships, recovery and making changes that benefit our lives. Our 2 hour sessions will then be followed up with a further 2 hours activity. This could be going for a coffee, having a group meal, going bowling or watching a film together. Our peer groups will rely on what the attendees need and their own ideas and suggestions, ensuring our peer support programme is entirely co-produced by ourselves and our attendees.

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

**Call us on 01322 291 380**

**Email us at**

**[wellbeing@northkentmind.co.uk](mailto:wellbeing@northkentmind.co.uk)**

Or you can **self-refer** online at **[northkentmind.co.uk/self-referrals](https://northkentmind.co.uk/self-referrals)**

# 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

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# mind North Kent

## Wellbeing Services

Medway



**01322 291380**

**[www.northkentmind.co.uk](https://www.northkentmind.co.uk)**



# Wellbeing Services in Medway

## Mental Health Recovery Programme

Our **wellbeing courses** help people to learn and develop coping strategies using cognitive behavioural techniques and psychoeducational methods. 2 hours a week over 6 weeks with tasks to complete at home.

### These include:

**Managing Depression** - this course focus' on understanding depression and its relationship with our emotions, thoughts and behaviours. It provides tips to staying well and how to challenge negative thoughts

**Managing Anxiety** - this course helps us understand anxiety, how it affects our daily routine and how we can empower ourselves and regain control. We will look at ways to improve our self-esteem, our problem solving skills and relaxation skills to maintain mental wellbeing.

**Improving Self-Esteem, Confidence & Assertiveness** - this course centres around understanding what causes low self-esteem. We will look at how to improve our own self-worth, gain more confidence and teach strategies to become more assertive

**Stress Management and Relaxation Techniques** - this course looks at identifying the root causes of our stressors, such as work, family, health, finances, and how we can manage stress more effectively. It practices relaxation techniques and how this can be incorporated in daily life.

**Let's Be Mindful** - Mindfulness is a concept that allows us to pay attention to the present, rather than being stuck in the past or worrying about the future. This course teaches how to apply mindfulness into our everyday life, understanding our thoughts and feelings and learning how to pay attention to the world around us.

**Mental Wellbeing Matters** - This new course is focused around our mental wellbeing, how we maintain good mental health, looking into empowerment, resilience, self-care and self-expression.

**Men's Group** - Meeting every week, this peer led group provides a warm and safe space for men to discuss topic-based subjects around mental health, share our own experiences, reduce isolation and create new friendships!



## Self-Help Condition Based Groups

The programme, of 2-hour self-help groups supporting individuals for 3 months. Attendees are 17+ with mental health concerns can engage in group work. Through empowerment, training plans, recovery, and support, service users can become volunteers and service facilitators. The process is facilitated and supported by the peer support worker who has lived experience, with support and appropriate training.

### These include:

**Social Anxiety and Agoraphobia** - this course is designed for those who struggle with social anxiety and agoraphobia. Our course will alternate weekly, running online and in person, gently motivating those who otherwise struggle to get out into the community to stretch their comfort zones and learn the skills they require to overcome their fears. We will look to understand our agoraphobia, challenge our negative beliefs and build our confidence.

**Depression** -this course of 12 offers peer support and engagement around how we manage depression, the root causes of depression and our personal triggers of depression. We will also explore how our emotions affect our thoughts and behaviours, the impact our depression had on our daily routine and coping strategies as well as ways to challenge our negative thinking patterns and greater improve our wellbeing.

**Hearing Voices** - this is a bespoke 3 month course, designed for those who struggle with auditory hallucinations. We aim to improve our self-awareness, developing our identity outside of our diagnosis, improving self-confidence as well as managing daily routines and empowering ourselves.

