

B.R.A.V.E Service!

Building Resilience and Validating Emotions

B.R.A.V.E provides short-term therapeutic support to help children and young people in Medway navigate challenges such as low mood, anxiety, emotional dysregulation, and self-harming behaviours.



Therapies we offer:

- ⇒ Dialectical Behavioral Therapy (DBT)
- ⇒ Cognitive Behavioral Therapy (CBT)
- ⇒ Creative Therapy

We also offer:

- ⇒ Workshops for children and young people, parents/caregivers and professionals
- ⇒ Peer support groups

We support children and young people aged 5–18, and up to 25 for those with SEN needs or who are care leavers, including those not attending school or educated outside of school.

To find out more or, make a referral scan the QR code or contact our team at:

braveservice@northkentmind.co.uk

