

G.L.O.W Service!

Growth. Learning. Optimism. Wellbeing



If you are aged 14-25 and living in Gravesend, Dartford or Swanley and are facing challenges with your mental health, you can access one-to-one or group support designed to enhance your overall wellbeing.

G.L.O.W offers support for a range of concerns including:

- Anxiety or worries
- Low Mood
- Emotional Difficulties
- Friendships/ Relationships
- Transitions and change

For more information or to refer, scan the QR code or contact our team at:

glow@northkentmind.co.uk



Join the fight for mental health!

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<https://northkentmind.co.uk>