

## Core Wellbeing Coaching Packages



**Our core packages combine 1:1 coaching, group sessions, and informal support, delivered flexibly to fit your school's schedule.**

We offer **full-day** and **half-day** options with a practitioner on site weekly during term time. Support is tailored with the school to meet pupils' needs. Full days include 1:1 coaching, group workshops, and drop-ins; half days offer a flexible mix agreed with the school.

## 1:1 Coaching

**Individual sessions focus on:**

- Anxiety, low mood & worries
- Emotional regulation
- Confidence & self-esteem
- Relationships & communication

Support is typically offered over 6 weeks, with flexibility based on the CYP's needs. Sessions encourage guided self-reflection, helping CYP develop tools they can continue to use beyond coaching.

## Group Wellbeing Coaching

**We run psychoeducational groups across 4–6 weeks on topics such as:**

- Stress and anxiety
- Emotional regulation and resilience
- Relationships and peer dynamics
- Positive psychology and goal setting

We also offer bespoke group sessions tailored to school priorities or specific challenges within a cohort.

Please note: Our service supports low to moderate mental health needs and is not a crisis or clinical service. We are not suitable for complex cases such as:

- Active suicidal thoughts or intent
- Severe or ongoing self-harm
- Significant trauma or abuse
- CYP under clinical care or on psychiatric medication

We will work with schools, local services and safeguarding leads and young person to sensitively signpost to appropriate services, such as CAMHS, safeguarding teams, or specialist providers.



 **Mind North Kent**

**What We Offer: Children and Young Persons Services Pricing**



## Cost Breakdown

Full Day / Full Academic Year	£11,500
Half Day / Full Academic Year	£6,500
1:1 Sessions	Prices from £60 per session
Group Sessions	Prices from £100 per session
Training Sessions	Pricing starting from £300
School Assemblies	£135
Parent / Carer Support	£200

\*Disclaimer: Prices vary depending the type of package.

## Other Children and Young Persons Services

### Additional Support and Training Options:

Beyond coaching, we offer a range of supportive services to complement wellbeing work in your school or setting.

### Wellbeing Drop-ins:

These friendly, informal sessions are open to all children and young people.

Practitioners offer brief support and a space to talk, alongside signposting to other services if more help is needed.

### Training and Support for Families and Carers:

We offer bespoke training sessions tailored to staff's identified needs, including mental health awareness, supporting difficult conversations, staff wellbeing, and mindfulness.

Bespoke training designed to help families and carers understand how to support the young people in their care.

### Support Link Sessions:

Support Link offers a package of six informal one-to-one sessions (totalling approximately 2 hours), delivered in 20-minute slots either in person or via phone.

These sessions are designed for families, carers, or other supporters to discuss the young person's needs, receive professional signposting, and get guidance on coping strategies.

### North Kent Mind

The Almshouses | 20 West Hill, Dartford | DA1 2EP  
 admin@northkentmind.co.uk  
 Registered in England Company No. 5093370.  
 Registered Charity No. 1103790  
 01322 291380

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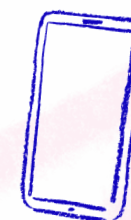
## School Assemblies

We offer age-appropriate, engaging assemblies designed to raise mental health awareness and promote wellbeing among young people.

## Conferences

We provide personalised presentations for professionals, delivered in person or online on topics of your choice.

These cover mental health information, strategies to support student wellbeing and signposting to relevant resources (not limited to CYP).



**To discuss what might work best in your setting or to co-design a bespoke package, please contact:**

**cyp@northkentmind.co.uk or call: 01322291380**