



## SIT

### (Short Intervention Therapy)

Supporting CYP aged 5 to 18, or up to 25 for those with SEN or care leavers, who have social worker or early help involvement. SIT helps young people struggling with emotional dysregulation and related behaviours through tailored therapeutic interventions.

#### Our Therapies include:

- Cognitive Behavioural Therapy (CBT)
- Dialectical Behavioural Informed Therapy (DBT-informed)
- Creative Therapies

**Both SIT and BRAVE are fully funded by Medway Council and are exclusively available to Medway residents**



## B.R.A.V.E

### Building Resilience & Validating Emotions

Our BRAVE project BRAVE offers short-term therapeutic support to help children and young people (CYP) aged 5 to 18, or up to 25 for those with Special Educational Needs (SEN) navigate challenges such as low mood, anxiety, and self-harming behaviours.

#### Our Therapies include:

- Cognitive Behavioural Therapy (CBT)
- Dialectical Behavioural Informed Therapy (DBT-informed)
- Creative Therapies



BRAVE provides monthly and quarterly workshops for parents, carers, professionals, and CYP. Support is available regardless of whether the young person is in school, educated outside of school, or not currently in education.

We accept referrals from all sources, including self-referrals, GPs, schools, socials workers, and other professionals. Support is available regardless of whether the young person is in school, educated outside school, or not currently in education.



## Children and Young Person's Services



# Wellbeing Coaching

We offer individual and group wellbeing coaching for CYP who are:

- At risk of developing mental health issues.
- Showing increased need for mental health support.

Coaching builds self-awareness and coping skills through guided conversations and activities.

Group workshops (4–6 weeks) cover anxiety, self-esteem, change, and goal setting. Visit our website for details on services, pricing, or funding support.



**Contact our team to see how we can best support you!**

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

## North Kent Mind Services:

### Wellbeing Services:

A range of open sessions, activity sessions, Coping with Life courses, self-development, support groups, mindfulness

### Children and Young Person's Services:

We offer early intervention and therapeutic services for young people in and out of school to raise mental health awareness, boost wellbeing, and build resilience.

### Counselling and Therapy Services:

We offer two counselling options: affordable sessions at £15 (up to 2 years) and Fast Track at £45 per in-person session or £40 online. We also run a 6-week anger management course for £150.

### Employment Services and Money Guidance:

Our employment services help people access work, training, or volunteering, while our money guides assist with financial concerns.

### Development Services:

A range of services aimed to support clients with individual needs, including SUN (Service User Network) for personality disorders and our Peer Partnership Project to support those who are in crisis.

### Housing Services:

A service consisted of supported housing properties offering short-term tenancies, as well as rough sleeper support projects.

### Training Services:

Our Mental Health Training equips professionals, parents, carers, and organisations with practical skills and knowledge to understand and support mental wellbeing across diverse settings.

### North Kent Mind

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Registered in England Company No. 5093370  
Registered Charity No. 1103790  
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## GLOW (Growth, Learning, Optimism, Wellbeing)

GLOW supports 14–25-year-olds in Dartford, Gravesend, or Swanley who are struggling with mental wellbeing.

We offer group and 1:1 support to boost confidence and self-esteem, tailored for those in care, care leavers, or known to early help, whose wellbeing affects their engagement in education, work, or training.

### Training:

We provide tailored training for professionals and caregivers on mental health. Learn to spot signs, apply coping strategies, and access support. Custom packages available.

### Conferences:

We offer personalised in-person or online talks on mental health, student wellbeing, and support signposting.

### School Assemblies:

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