



**We offer two different counselling services:
Affordable and Fast Track**

Affordable Counselling

Our affordable service is delivered by trainee and newly qualified counsellors who volunteer to take on this work. We currently have **36 counsellors**, providing a service to around **120 clients** at any one time. The service is available to clients by arrangements at various times and locations

What are the costs involved?

The initial assessment costs £15, with ongoing costs of £15 per session. There is a limit of 2 years to receive this service.

Our affordable counselling service is designed for people who have counselling needs not able to be met through an NHS service, where long term work is appropriate, or who wish to work further on issues once their NHS allocated therapy is completed.

As this is a popular service, there is a waiting list. Sometimes we might suggest another service that is more appropriate to your needs.

North Kent Mind Services

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 guiders 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

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

July 2025

 **mind** North Kent



Counselling & Therapy Services

Dartford, Gravesham, Swanley & Medway



Fast Track Counselling

Our fast track counselling service is delivered by fully qualified and experienced employed counsellors. The service is available to clients by arrangement at various times and locations and also remotely.

What are the costs involved?

These sessions are either £40 per session for an online appointment or £45 per session for an in-person appointment. A review will take place after 20 sessions.

What kind of counselling is available?

Our counsellors are from all genders and ages. They come from different walks of life and different cultural backgrounds.

Our counsellors are trained in different modalities and we strive to match the needs of the client with the skills and approach of the particular counsellor.



How to refer?

Self-referrals, or referrals from any professional can be made via the self-referral form on our website. We will then contact you to discuss your needs to explain the charging system, and to inform you of how long you can expect to wait before the counselling starts.

What is expected of clients?

Clients are charged weekly by direct debit. Please give 4 weeks' notice for planned holidays. At the end of counselling, we ask clients to complete a feedback form to help us improve the service.

Confidentiality

Confidentiality is essential in counselling, and counsellors are trained to protect session content. However, if serious safety concerns arise about the client or others, the counsellor may discuss this with staff, as outlined in the counselling agreement.

Anger Management Course

Our affordable anger management course is a 6 week course for 2.5 hours per week, where participants work in a group setting. We charge for the whole course which is £150 payable in full at the time of assessment.

Aims of our services

- Providing high-quality counselling and therapy for clients aged 18 and over.
- Offering clients dedicated time and space to work one-to-one with a counsellor to meet their needs.
- To create positive changes in clients' lives by addressing specific problems, identifying ways of coping, developing personal insight, understanding thoughts and feelings, and considering the implications of actions that may be taken.
- Encourage clients to use relevant services from North Kent Mind or other agencies.
- Provide counselling and therapy suited to people with significant mental health needs.



Want to contact us?

For more information please visit our website:

northkentmind.co.uk

If you'd like to get in touch, please email:

admin@northkentmind.co.uk

or call: 01322 291380