



Our Aims

- To support people with mental health issues work towards their recovery by supporting them in voluntary work, work placements, paid employment or vocational training.
- To increase confidence, self-esteem, skills and social networks, and promote social inclusion.
- To empower people to play an active and valued role in their own communities.
- To give people with mental health issues the opportunity for new challenges.
- To ensure people with mental health issues have the same rights to employment and education as everyone else.

Live well

Kent and Medway

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 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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 **mind North Kent**

Employment Support

Dartford, Gravesham and Swanley



Individual Placement Support (IPS)

If you are experiencing mental health difficulties, 17 or over and struggling to find/maintain work, we can help with our Individual Placement Support Service (IPS).

We can offer weekly support with job searching, completing application forms, updating your CV, mock interviews, dealing with interview anxieties, identifying suitable opportunities and providing tools to move forward in competitive employment. We will review your current situation and will work with you to explore your goals, utilising your strengths to match you with the right opportunities.

We will continue to support you once in employment, through continued check-ins and/or support sessions as required. As needed, we can also work with your employer to support you.

As well as this, it is possible for us to aid you in gaining volunteering, training or education opportunities in order to develop your skills and build your confidence before entering into paid employment.



We know that challenges around finding and maintaining work can be stressful, especially if you have difficulties. Our IPS workers understand this and are knowledgeable about various mental health conditions and symptoms, and we can support you with this.

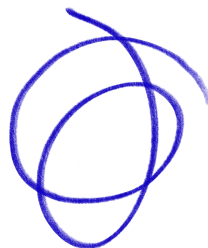
We can help you with learning and coping mechanisms and anxiety management techniques, as well as engaging with employers to ensure you remain supported in your workplace



Where/when do these services take place?

1:1 appointments with an Employment Advisor are available at various times throughout the week in our Dartford office.

On occasion, appointments can be made within the local community, or online, if it's not possible for you to get to the office



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