



Individual Support Sessions

Money Guiders offer weekly one-hour support sessions tailored to your needs. They can help with a range of money concerns, providing guidance and information on topics such as:

- Budget guidance and planning support
- Signposting and referrals to supporting agencies where required.
- Support with transitions from benefits to work.
- Guidance for managing debt
- Awareness of fraud and scams
- Welfare & benefits advice and support (including Universal Credit and Personal Independence payments)
- Expert mental health support to encourage and develop resilience and independence, including stress management and self-help tools

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 sessions 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
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 North Kent



Money Guidance

Dartford, Gravesham, Swanley & Medway



Where/When the services take place

1:1 support sessions are predominantly in person and are available in Dartford, Gravesham and Swanley. Appointments are offered at various times throughout the week in our offices in Dartford and Chatham. Individuals are encouraged to engage for minimum of 4 sessions.

On occasion, if it is not possible for an individual to get to the office, appointments can be made within the local community, or online. These would be arranged on a needs basis.



Money Guidance

We understand that money issues can often be very stressful and can take a toll on your mental health and wellbeing, especially if you have existing mental health difficulties.

At North Kent Mind we can help you navigate through your money worries by offering support and guidance through our money guidance advisors. We can help you navigate through your money worries.



Our Money Guidance service is to support **individuals 17+** who are struggling with money difficulties and poor mental health, who may be stressed or anxious, have reduced wellbeing, and would benefit from the programme.

The sessions will look at the individual's financial situation and ways in which their **circumstances could be improved**, with individuals feeling supported, informed, and empowered to manage their money, and improve their wellbeing.

Our Aims

- To support people with mental health issues and work towards their recovery by supporting them in various ways.
- 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 anyone else.



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