

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

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Registered in England Company No. 5093370. Limited by Guarantee.
Registered Charity No. 1103790

July 2025



Mindfulness: Mindfulness is a concept that allows us to pay attention to the present, rather than being stuck in the past or worrying about the future. This course teaches how to apply mindfulness into our everyday life, understanding our thoughts and feelings and learning how to pay attention to the world around us.

Men's Group: Meeting every week, this peer led group provides a warm and safe space for men to discuss topic-based subjects around mental health, share our own experiences and reduce isolation and create new friendships!



 **mind** North Kent



Wellbeing Services

Medway



Self-Help Condition Based Groups

The programme, of 2-hour self-help groups supporting individuals for 3 months. Attendees are 17+ with mental health concerns can engage in group work. Through empowerment, training plans, recovery, and support, service users can become volunteers and service facilitators. The process is facilitated and supported by the peer support worker who has lived experience, with support and appropriate training.

Social Anxiety and Agoraphobia: A supportive course for those struggling with social anxiety or agoraphobia. Alternating weekly online and in-person sessions, it gently encourages stepping out, building confidence, and challenging negative beliefs.

Depression: A 12-session course offering peer support while exploring causes, triggers, and the impact of depression. Learn how emotions affect thoughts and behaviour, and develop coping strategies to improve wellbeing and challenge negative thinking.



Medway Services

Our **wellbeing courses** help people to learn and develop coping strategies using cognitive behavioural techniques and psychoeducational methods. 2 hours a week over 6 weeks with tasks to complete at home.



Managing Depression: Understand how depression affects thoughts, emotions, and behaviour. Learn tips to stay well and challenge negative thinking.

Managing Anxiety: Learn how anxiety impacts daily life and gain tools to build self-esteem, problem-solving, and relaxation skills to regain control and support wellbeing.

Improving Self-Esteem, Confidence and Assertiveness: This course centres around understanding what causes low self-esteem. We will look at how to improve our own self-worth, gain more confidence and teach strategies to become more assertive.

Stress Management and Relaxation Techniques: This course looks at identifying the root causes of our stressors, such as work, family, health, finances, and how we can manage stress more effectively. It practices relaxation techniques and how this can be incorporated in daily life.

Time for Change: An 8-week programme with 2-hour sessions focused on recovery, building positive relationships, and making life-enhancing changes, followed by group activities like coffee outings or bowling. Co-produced with attendees to meet their needs and ideas.

Live well

Kent and Medway



Want to contact us?

For more information please visit our website:

northkentmind.co.uk

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

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