



How to Donate!

Supporting North Kent Mind is easy! Here's how you can make your donation:

- **Online:** Donate quickly and securely through our Enthuse link, available on our website.
- **By Post:** Send a cheque payable to North Kent Mind to our Dartford office. Please do not send cash.
- **Sponsorship Forms:** If you're fundraising, include your sponsorship form and a note with your name and the activity you're doing – this helps us match donations correctly.
- **Bank Transfer (BACS):** To donate via BACS, please contact our office for details from our finance team.

North Kent Mind Services:

Adult Support Services:

We offer open sessions, activities, men's group, Coping with Life courses, self-development, and mindfulness groups. This service also provides employment support, training, volunteering, financial guidance, and the Peer Partnership Project to support those in crisis.

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.

Development Services:

A range of services aimed to support clients with individual needs, including SUN (Service User Network) for people with personality disorders.

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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Fundraising



About North Kent Mind!

North Kent Mind is an independent mental health charity who provides support to people living in Dartford, Gravesham, Swanley and Medway.

We support our local community through a range of different services including:

- Housing
- Counselling and Therapy services
- Anger Management Courses
- Development services
- Peer Partnership Project for those in crisis
- Money Guidance
- Wellbeing services
- Children and Young Persons services

**“We won’t give up
until everyone
experiencing a
mental health
problem gets **both**
support and
respect”**

Why you should support us?

Raise Awareness: Right now, someone you know, a family member, neighbour, or colleague may be facing a mental health challenge. Unlike many other illnesses, mental health issues can be difficult to talk about. But with your support, we can break the silence and help create a more open and understanding community.

Support Our Services: The funds you raise will directly support the continuation and growth of our services. Your contribution helps us reach more people in need, and with the backing of our local community, we can ensure these vital services remain available for everyone.

Fundraising Ideas!

Here are some ideas to kick start your fundraising journey

- Arrange a bake sale.
- Have a clear out and create a car boot sale.
- Hold a pub quiz or organise a raffle
- Take part in events that’s already been organised e.g. 5k run, bike rides or a swim.

Social Media

Sharing your fundraising is easy!

Post pics, use hashtags, or go live to show your journey.

We can help spread the word too, just send us your link and don’t forget to include it in your posts!

How we can help you!

We really value your help and want to give you the best possible support to help you in your fundraising activities!

We can arrange a visit to our main office in Dartford and talk about your plans.

We can email you a fundraising pack, or it can be downloaded from our website.



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**