



6 Ways to healthy lifestyle

Being Active

10 minute sessions of physical activity can make you feel good.

Keep Learning

Learn something new or boost your skills. Its a fun way to also build your confidence

Give

Do something nice for a friend, or a stranger, even doing small things can make a difference

Connect

Contact someone you haven't been in touch with in for a while. We get by with a little help from our friends.

Take Notice

Take time to be aware of the world around you. Explore your local area, be curious!

Care For

Look after your community and environment.

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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 **mind** North Kent

**Making Improvements to
your Health and Lifestyle**



Local Healthy Living Support Services

Live Well Kent

A free service to anyone 17+ which can help to improve mental and physical health

Call: 0800 567 7699
Email: info@livekentwell.org.uk
Website: livewellkent.org.uk

NHS One You Kent

One You Kent offers various support to get you healthy and fit. They give you access to different areas to support healthy living.

Website: kentcht.nhs.uk/service/one-you-kent/

Drug and Alcohol Services

Change Grow Live

Based in Gravesend and Dartford, a charity for adults, children, young people and families to change their lives for the better. They also help with substance use.

Call: 0330 128 1113
Website: www.changegrowlive.org

Open Road

Open Road provides drug and alcohol treatment services across Essex and Medway in Kent.

Call: 01634 566285 or 01634 471700
Website: www.openroad.org.uk/our-services/drugs-and-alcohol/

Turning Point

Offers a range of services depending on what you need, from detox and residential rehab to supported living and aftercare support

Call: 0300 123 1560
Website: turning-point.co.uk

Alcoholics Anonymous

For anyone concerned about their alcohol consumption. A support network of people who share their experiences and help with others to recover from alcoholism.

Call: 0800 917 7650
Email: help@aamail.org
Website: www.alcoholics-anonymous.org.uk

Talk To Frank

Friendly, confidential drug and alcohol advice for yourself or a loved one.

Call: 0300 123 6600 (available 24/7)
Text: 82111
Website: www.talktofrank.com

Drinkaware

Drinkaware provides and information for you or someone who is struggling with alcohol.

Call: 0207 766 9900
Website: www.drinkaware.co.uk



Help with smoking

NHS - Stop Smoking

These services staffed by expert advisers provide a range of proven methods to help you quit.

They'll give you accurate information and advice, as well as professional support, during the first few months you stop smoking.

Website: www.nhs.uk/live-well/quit-smoking/nhs-stop-smoking-services-help-you-quit/

Sexual Health

Kent Community Health

Kent Community Health are a consultant-led team of sexual health clinicians offering confidential sexual health services.

Call: 0300 790 0245
Website: www.kentcht.nhs.uk/service/sexual-health

GOV.UK

Kent County Council

Dartford, Gravesham & Swanley

Medway Council (Clover Street)

Website: www.kent.gov.uk/social-care-and-health/health/sexual-health

Help for under 25s

The Mix

The Mix support with sex and relationships, your body, mental health, drink and drugs, housing and money.

Call: 0808 808 4994
Website: www.themix.org.uk