

Make a Difference



North Kent Mind operates in Dartford, Gravesham and Swanley, and throughout the Medway area.

We are committed to continuously improving our services through quality review and service user feedback



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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Registered Charity No. 1103790
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Membership



Why should I become a member?

North Kent Mind is membership organisation.

We need members in order to continue functioning within its legal constitution.

Anybody can apply to be a member. We only allow members to stand for election to become a trustee.

All members are invited to our Annual General Meeting (AGM) and, where possible, North Kent Mind would try and sort out any issues of transport for these members. At the AGM, members get the right to vote on key proposals including the election of the trustees onto the North Kent Mind Board.

By registering as a member you are helping to support the important work we do.

Sometimes organisations of funding charities like to know that they have a strong membership base.

How much does it cost?

Membership is free and, although some people like to make a donation on joining, this is entirely voluntary.

Membership is renewable annually. By being a member of North Kent Mind you will become part of the decision making process and have an influence upon the organisation and its board.

Members also receive information and organisational updates from via email.



How do I become a member?

To become a member of North Kent Mind you will need to complete a membership form online, through our website.

We need your written consent to store your contact details electronically. We will not retain your contact information if you do not wish to renew

Once you become a member, you will automatically be subscribed to our quarterly newsletter but you have the option to unsubscribe at any time.

New members will receive an 'I'm Proud to Support North Kent Mind' badge and enjoy free entry into our twice-yearly prize draw as a thank-you from us.



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

