

G.L.O.W Service!

Growth. Learning. Optimism. Wellbeing



If you're aged **11–25** and live in **Medway, Dartford, Gravesham or Swanley**, our **GLOW programme** can help you improve your wellbeing, confidence and next steps in life.

GLOW is open to **young carers** and **young people currently supported by Early Help or social care**. You can access tailored **one-to-one or group**

GLOW offers support for a range of challenges, including:

- Anxiety or worries
- Low mood
- Emotional difficulties
- Friendships and relationships
- Transitions, changes, or next steps in education, training or work

For more information or to refer, scan the QR code or contact our team at:

glow@northkentmind.co.uk



Join the fight for mental health!

The Almshouses | 20 West Hill, Dartford | DA1 2EP

01322 291380

admin@northkentmind.co.uk

<https://northkentmind.co.uk>