



## Dartford, Gravesham and Swanley Services

**Our courses help people to learn and develop coping strategies using different techniques. All courses are in person, over 6 weeks, 1.5 hours weekly.**

**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.

**Mental Wellbeing Matters:** This course is focused around our mental wellbeing, how we maintain good mental health, looking into empowerment, resilience, self-care and self-expression.

**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!

## 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, money 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 in England Company No. 5093370.  
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Registered Charity No. 1103790

July 2025

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## Adult Support Services Dartford, Gravesham and Swanley



## Individual Support

**Virtual Weekend Wellbeing Space:** A 2-hour online session every Saturday morning, offering peer support, connection-building, and confidence-boosting activities to help isolated individuals engage and transition to in-person services.

**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.



A support pathway of **12 weeks providing 1:1**, person-centred support with one of our Wellbeing Coaches.

**Service Users co-produce support plans** alongside coaches identifying life goals. Actions are based on a shared understanding of barriers to recovery, identifying a preferred means to achieve them whilst being supported.

**Weekly in person support sessions** to support the journey to recovery, supporting partnerships, promoting connectedness, and social inclusion. Outside of which there can be calls and virtual 'catch-ups'. Regular reviews of plans and goals will be undertaken jointly.

**Home visits** where coaches would support those housebound or socially avoidant due to anxiety related disorders via coproduced gradual exposure plans.

**Walk and Talk** will be available as integral to support plans for all individuals, encouraging behaviour motivation, 'being outdoors', and general wellbeing.

**A listening ear** would be integral to the support offer, hence all service users can access support outside of booked sessions, although this would not be open-minded.

**Informal catch-ups in community settings** such as public cafes to encompass socialization and inclusion.

## Recovery Based Activity Groups

A 2 hour weekly in-person group where attendees will be engaging in activities such as creativity and **self-expression sessions, Tai Chi, bingo, music sessions** and open discussions around our wellbeing over the course of weeks. We will then follow up with a 1 hour '**wellbeing space**' where we will offer more bespoke support around mental health support needs and how we can signpost into different courses we have available. Refreshments such as teas, coffees and sandwiches are provided. Our goal is to help reduce social isolation, provide peer support and a sense of community.



## Want to contact us?

**For more information please visit our website:**

[northkentmind.co.uk](http://northkentmind.co.uk)

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

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