



Growing Minds: Affordable Service

Growing Minds is an affordable service delivered by trainee practitioners and therapists.

This programme provides emotional wellbeing support for local Children and Young People.

The service is available in Dartford, Gravesham & Swanley and sessions are arranged with clients at various times and locations.

It is low cost so more people can get help.



The programme helps train people who want to work in children's mental health. They will learn while working and helping young people at the same time.

Sometimes sessions might be recorded to help with the training. Before anything is recorded, we will always ask for your permission each time.

North Kent Mind Services

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.

Adult Support Services:

We offer open sessions, activities, Men's groups, 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 at risk of a crisis.

Counselling and Therapy Services:

We offer two counselling options for adults : 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.

Service User Network:

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

Housing Services:

We have 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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CYP Service in Dartford, Gravesham & Swanley



Support available

Children Wellbeing Practitioner (CWP)

CWP's help children aged 5 to 11 by working with their parents or carers to support worries, feeling sad, or challenging behaviours.

CWP's help young people aged 12 to 18 with short, goal-focused sessions to work through problems step by step. These sessions use helpful, proven techniques.



Autism & Learning Disabilities Therapist (ASCLD)

Therapists support children and young people aged 5 to 18 using different approaches that are adapted to suit their needs.

They specialise in helping autistic children and young people, and those with learning disabilities.

Therapists work closely with families and other people involved in the young person's care.

Cognitive Behavioural Therapist (CBT)

Therapists help young people aged 11 to 18 with structured sessions to support their mental health.

They support with challenges like anxiety, depression, PTSD, OCD and ODD using well-tested methods.

Sessions

Sessions can be delivered in both 1:1 and group context, in person or online for 6 to 14 weeks (dependent on type of support).

The service standard operating hours are Monday to Friday, 9am-5pm.

How much does it cost?

Clients are informed of the applicable contribution following triage and provide consent before entering into an agreement and commencing support.

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|---------------------------|-----|
| CWP Cost per session | £15 |
| ASCLD Cost per session | £20 |
| CBT Cost per session | £20 |

About the trainees

This programme provides emotional wellbeing support delivered by trainee practitioners or therapist who are working towards recognised professional qualifications. All trainees are closely supervised by experienced, qualified clinicians and the support offered follows NHS and organisational standards.

How can I refer?

You can self-refer, or ask a parent/carer, or professional you trust to refer you. You can refer using this link:

<https://northkentmind.co.uk/growing-minds-affordable-service/>



Want to contact us?

For more information and to refer please visit our website:

northkentmind.co.uk

If you'd like to get in touch, or request a copy of our referral form please email:

cyp@northkentmind.co.uk

or call: 01322 291380