

## What we offer

We provide strengths-based emotional wellbeing support for children and young people in schools.



## What can we support with?

Support is suitable for low-moderate needs, including:

- Emotional dysregulation
- Worries, anxiety and low mood
- School or exam stress
- Friendship or relationship issues
- Low confidence or self-esteem

## How do we help Young People?

We help young people:

- Understand and manage emotions
- Build coping skills
- Increase confidence and resilience
- Develop tools they can use long term

## Support can be through:

- 1:1 coaching
- Group sessions
- Informal drop-ins
- Training/workshops
- Plus more!



## Our other Children & Young Persons Services

Beyond coaching, we offer a range of supportive services to complement wellbeing work in your school or setting.

### Wellbeing Drop-ins:

These friendly, informal sessions are open to all children and young people.

Practitioners offer brief support and a space to talk, alongside signposting to other services if more help is needed.

### Training, workshops, and Support for Families and Carers:

We offer bespoke training for Staff, Families and Carers. Topics include: mental health awareness, difficult conversations, staff wellbeing and resilience.

### Parent/Carer Support Link:

Six 20-minute sessions offering guided self-help and practical advice for families, carers, or other supporters to discuss the young person's needs, receive professional signposting, and get guidance on coping strategies.

### School Assemblies:

Age-appropriate sessions promoting emotional wellbeing and help-seeking.

### Conferences & Presentations

We offer tailored sessions for professionals.

#### North Kent Mind

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Mind North Kent

## Children and Young People: Wellbeing Coaching and Emotional Support



## One-to-one Coaching

With sessions typically delivered over 6 weeks, **One-to-one Wellbeing Coaching** helps young people to reflect, learn practical tools and build long-term resilience.

### Sessions focus on:

- Managing anxiety, stress and emotions
- Building confidence and self-esteem
- Developing healthy coping strategies
- Navigating friendships and relationships

## Group Coaching

**Group Wellbeing Coaching** typically comprises of **themed group courses for up to 12 Young People, delivered across 4-6 weeks.**

Bespoke groups can be designed around school priorities.

### Topics may include:

- Stress and anxiety
- Emotional regulation
- Friendships and peer relationships
- Confidence and motivation



## Packages

Our **Wellbeing Coaching Packages** are available as **full-day or half-day weekly sessions during term time.**

### Support is:

- Flexible and tailored
- Planned with the school
- Designed to fit your timetable

### A practitioner can offer a mix of:

- One-to-one coaching
- Small group sessions
- Informal drop-ins



<b>Full-day</b>	Typically 5 sessions across the school day, aligned with school timetable.
<b>Half-day</b>	Typically 3 sessions delivering a focused mix of support based on identified needs

## ! Important information !

**This service supports low to moderate emotional needs.**

It is not suitable for young people experiencing:

- Active suicidal thoughts
- Severe or ongoing self-harm
- Significant trauma or abuse
- Ongoing clinical mental health care

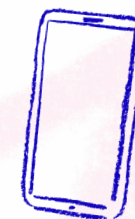
Where higher support is needed, **we work with schools and safeguarding teams** to ensure appropriate signposting.

## How much does it cost?

Full Day / Full Academic Year	£ 15,295
Half Day / Full Academic Year	£ 9,365
Training & Workshops	From £ 300
School Assemblies	£135
Parent / Carer Support	£200

\*Disclaimer: Prices vary dependant on the type of package.

## Want to explore this offer?



**To discuss what might work best for your setting, or to co-design a bespoke package, please contact:**

**cyp@northkentmind.co.uk or call: 01322291380**