

North Kent Mind Wellbeing Services

Age 17+

We are currently providing support by phone, email and by post.

In addition we are offering:

- Ecology Island digital quiz
- Service user film about keeping well
- Coping with Life courses online using Zoom
- Young people's online "drop-in" managed by staff
- Young people's online "how to be active"
- How to manage anxiety, stress and depression
- How to have a routine, practice mindfulness and coping strategies
- Information about local support
- Links to audio mindfulness
- Activities during isolation

IAPT NHS free talking therapies are available over the telephone or [click here for online self-guided help](#)

Please contact us on 01322 291380 or admin@northkentmind.co.uk

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