

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 on website portal follow by Zoom chat
- Mindfulness course via webinar followed by Zoom chat
- Young people's online "drop-in" managed by staff
- Young people's online "how to be active"
- One to one and digital groups for young people in partnership with *SupaJam*
- 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
- Silvercloud self-guided online help at
<https://northkentmind.silvercloudhealth.com/signup/>

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

northkentmind.co.uk