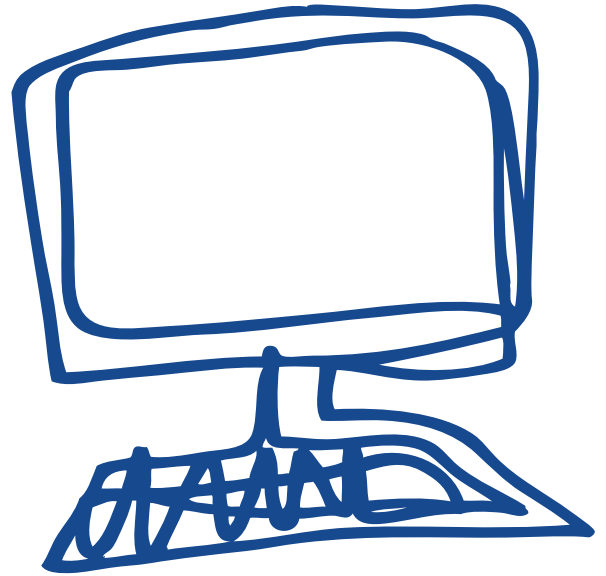


# Virtual Support for Students

From Maidstone &  
Mid-Kent Mind



Continued support for your students.

At the moment we are facing unprecedented times. The current COVID-19 outbreak can have a very real impact on the wellbeing and mental health of your students - especially with the stress of exams and other activities being postponed for the foreseeable future. We've taken the decision to invest in new technology which will enable us to continue supporting your students - even through prolonged periods of isolation at home.

Maidstone and Mid-Kent Mind are pleased to be able to offer the following forms of virtual support for students:

- Structured Cognitive Behavioural Coaching Courses
  - Mental Health Awareness Training
- A Virtual Youth Group on a Wednesday from 5pm - 7pm
- Virtual One-to-One Youth Recovery Action Plans

For more information on any of the above programmes, please contact  
MMK Mind via: [mindhelp@mmkmind.org.uk](mailto:mindhelp@mmkmind.org.uk)