



World Bipolar Day

on the 31st of March, Mid Kent Mind celebrated World Bipolar day by spreading awareness and talking about such an important subject.

The vision of World Bipolar Day is to bring world awareness to bipolar disorders and to eliminate social stigma by educating and improving sensitivity towards the illness.



Back In The Office

Mid Kent Mind has returned back to working in the office after our departure to remote working earlier last year. we're excited to bring back our face to face services in the coming weeks and months. Spring has made it's presence known at the Mid Kent Mind office by sprucing up our garden with several newly bloomed flowers!



Counselling Event

Last night our amazing Counselling Leads set out to host an informative talk about Mid Kent mind's counselling service. The talk took place at The Gateway in Ashford and was presented to a group of counselling students from Kent Adult Education. Our counselling team goes above and beyond to connect with our community and provide support/therapy to those in need.

