

Talking Therapy Providers in South Kent Coast



shedding a light on a problem

01304 204123

www.dovercc.org.uk



0300 555 5555

www.insighthealthcare.org



UNIVERSITY MEDICAL CENTRE
PSYCHOLOGICAL THERAPIES

01227 469338

www.umcpt.co.uk

There are three providers of NHS talking therapies available in South Kent Coast CCG which are part of the government's Improving Access to Psychological Therapies (IAPT) programme.

Around one in four people will experience a common mental health concern each year. Psychological therapies can help with anxiety, depression, Stress, trauma, Phobias and other related problems. Talking therapy services offer time-limited, evidence-based psychological therapies. All services offer treatments such as cognitive behavioural therapy (CBT), stress management, EMDR (Eye Movement Desensitisation and Reprocessing), and sometimes group work. The service will discuss your needs with you and agree the most appropriate treatment.

The services are available by GP referral or you can refer yourself directly using the details in this leaflet.

Please see back page for details of new services for people with newly diagnosed or long term physical health conditions.

IAPT services include a range of NHS evidence-based interventions and treatments, such as counselling, cognitive behavioural therapy (CBT), PTSD, stress management, EMDR, and sometimes group work.

Services are available for people aged 17 and upwards who are registered with a GP in South Kent Coast.

Dover Counselling Centre



shedding a light on a problem

Patients can self-refer by calling: **01304 204123**

Email: info@dovercc.org.uk | Website: www.dovercc.org.uk

Dover

Dover Counselling Centre, Old Park Community Centre, Gordon Rd, Whitfield, CT16 2ET

High street surgery, 100 – 106 High street, Dover, CT16 1EQ

Peter street surgery, Peter Street, Dover, CT16 1EF

Buckland Medical centre, Brookfield Place, Buckland Avenue, Dover CT16 2AE

Lydden surgery, 114 Canterbury road, Dover , CT157 ET

3 counsellor with own premises

Deal

Deal Physiotherapy Clinic, 87 Blenheim Road, Deal, Kent, CT14 7DE.

Deal Hospital, London Rd, Deal CT14 9UA

St Richards road surgery, 227 St Richards road, Deal CT14 9LF

The Cedars Surgery, 24 Marine road, Walmer, Deal, CT14 7DN

7 Counsellors with own premises

Folkestone

Sandgate road Surgery, 180 Sandgate Rd, Folkestone CT20 2HN

Hawkinge and Elham Surgery, 74 Canterbury Rd, Hawkinge CT18 7BP

Orchard House, 2 Bouvrie road West, Folkestone CT20 2RX

5 counsellors with their own premises Folkestone

Hythe and Rural

Romney Marsh day care centre, Rolfe Ln, New Romney TN28 8JR

New Romney Clinic Station road, New Romney, Kent TN28 8LQ

4 counsellors with their own premises Romney Marsh

4 counsellors with their own premises Hythe

University Medical Centre



UNIVERSITY MEDICAL CENTRE
PSYCHOLOGICAL THERAPIES

Patients can self-refer by calling: **01227 469338**

Email: ccccg.umcpt@nhs.net | Website: www.umcpt.co.uk

Dover

Wingam Surgery (Branch of Aylesham medical practice), 2 North Court Road, Wingham , CT3 1BN

Other

The Market Place Surgery, Cattle Market, Sandwich CT13 9ET

Ash Surgery, Chilton Place, Ash, Canterbury CT3 2HD

Patients can self-refer by calling: **0300 555 5555**

Email: admin.kent@insighthhealthcare.org | Website: www.insighthhealthcare.org

Deal

Blossom Children's Centre, Owen Square, Deal CT14 7TL
Golf Road Centre, 28 Golf Rd Deal CT14 6PY

Dover

Dover Health centre, Maison Dieu Road, Dover, CT16 1RH

Folkestone

Village Children's Centre, Denmark street, Folkestone CT19 6EQ
Folkestone Early years centre, Dover road, Folkestone T20 1QF

Hythe and Rural

New Romney Children's Centre, Craythorne Lane, New Romney TN28 8BL

Other

Insight also provide services from Thanet, Canterbury and Ashford.

Are you experiencing **physical health problems** or have a **long term condition** that is causing you to feel

Stressed? Worried? On edge?

Or

Feeling Low and Fed-up?

Specialist clinicians are available in all NHS talking therapy (IAPT) services for people worried about their physical health and who can help improve your wellbeing.

Call any of the talking therapy providers in this leaflet and mention that you have a long term condition and they will direct you to the best help for you whether you have diabetes, COPD, Cardiovascular disease, pain or other long term conditions.

This leaflet was last updated 01/11/2018 by the east Kent mental health
commissioning team