

Talking Therapy Providers in Thanet



shedding a light on a problem

01304 204123

www.dovercc.org.uk



0300 555 5555

www.insighthealthcare.org

There are two providers of NHS talking therapies available in Thanet 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 Thanet.

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

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

Margate

Northdown Surgery, Northdown Park Rd, Margate CT9 2TR

The Limes Medical Centre, Trinity Square, Margate CT9 1QY

Counsellors working from own premises in Margate and Westgate

Ramsgate

East Cliff practice Montefiore Medical Centre, Dumpton Park Dr,
Ramsgate CT11 8AD

Liverpool Lawn, Ramsgate CT11 9HJ

The Grange Montefiore Medical Centre, Dumpton Park Dr,
Ramsgate CT11 8AD

Minster surgery, 75 High St, Minster, Ramsgate CT12 4AB

Newington road surgery, 100 Newington Rd, Ramsgate CT12 6EW

Hereson Family & Community Centre Lillian Road Ramsgate Kent
CT11 7DT

Counsellors working from own premises in Ramsgate

Broadstairs

Havisham House, Folly, Northdown Hill, Broadstairs CT10 3HU

Mocketts Wood Surgery, Hopeville Ave, Broadstairs CT10 2TR

The Gap, Baptist Church, Queens Road, Broadstairs Kent CT10 1NU

Counsellors working from own premises in Broadstairs

Birchington

Birchington medical centre, Minnis Rd, Birchington-on-Sea,
Birchington CT7 9HQ

Counsellors working from own premises in Cliftonville.

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

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

Margate

Cliftonville Children's Centre, 26 St Pauls Road, Margate CT9 2DB

Garlinge Childrens Centre, Caxton Road Margate CT9 5NR

West Brook House, 150 Canterbury Road, Margate CT9 5DD

Six Bells Children's Centre, 201 High Street, Margate CT9 1WH

Ramsgate

Newington Children's Centre, Princess Margaret Ave Ramsgate CT12 6HX

Newlands Children's Centre, Dumpton Lane, Ramsgate, CT11 7AJ

Broadstairs

Queens Road Baptist Church, Queens Road, Broadstairs, CT10 1NU

Callis Grange Children's Centre, Beacon Road, Broadstairs, CT10 3DG

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