Talking Therapy Providers in South Kent Coast

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

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

Email: [info@dovercc.org.uk](mailto:info@dovercc.org.uk) | Website: [www.dovercc.org.uk](http://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**

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

Email: [ccccg.umcpt@nhs.net](mailto:ccccg.umcpt@nhs.net) | Website: [www.umcpt.co.uk](http://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
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.