

Talking Therapy Providers in Canterbury and Coastal



01795 591019

www.fcstalkingtherapies.org



0300 555 5555

www.insighthealthcare.org



0300 012 0012

www.thinkaction.org.uk



UNIVERSITY MEDICAL CENTRE
PSYCHOLOGICAL THERAPIES

01227 469338

www.umcpt.co.uk

There are four providers of NHS talking therapies available in Canterbury and Coastal 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.

University Medical Centre



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

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

Canterbury

University Medical Centre, Giles Lane, Canterbury, CT2 7PB

Eliot College, Corridor S3N, Eliot College, University of Kent, Canterbury, CT2 7NS

Christ Church University, Augustine House, Canterbury, CT1 2YA

Bridge Health Centre, Patricxbourne Road, Bridge, Canterbury, CT4 5BL

Cossington House, Surgery 51 Cossington Road, Canterbury, CT1 3HX

Lombard House, 12/17 Upper Bridge Street Canterbury Kent CT1 2NF

The Old School Surgery, Bolts Hill, Chartham, Canterbury, Kent CT4 7JY

Whitstable & Herne Bay

John Wilson Business Park Chestfield, Whitstable CT5 3RB

The Heron Medical Practice, Beltinge & Reculver Surgery, 269 Reculver Road, Beltinge, CT6 6SR

Park Surgery, 116 King's Rd, Herne Bay CT6 5RE

William St Surgery, 67 William St, Herne Bay CT6 5NR

Sandwich/Ash

Ash Surgery Chilton Pl, Ash, Canterbury CT3 2HD

The Butchery Surgery, 7 The Butchery, Sandwich, CT13 9DL

The Market Place Surgery, Sandwich, CT13 9ET

FCS Talking Therapies



Patients can self-refer by calling: **01795 591019**

Email: ccccg.fcstalkingtherapies@nhs.net | Website: www.fcstalkingtherapies.org

Faversham

Faversham Counselling Service 10 Gatefield Lane, Faversham, ME13 8NX

Thinkaction

thinkaction

Patients can self-refer by calling: **0300 012 0012**

Email: thinkaction@addaction.org.uk | Website: www.thinkaction.org.uk

Canterbury

Thinkaction Canterbury, 34 Simmonds Road, Canterbury, CT1 3RA.

Canterbury Health Centre, 26 Old Dover Road, Canterbury, CT1 3JH.

Northgate Medical Practice, 1 Northgate, Canterbury, CT1 1WL.

Sturry Surgery, 53 Island Road, Sturry, Canterbury, CT2 0EF.

Lombard House, 12-17 Upper Bridge Street, Canterbury, CT1 2NA.

University of Kent, Giles Ln, Canterbury CT2 7NZ

Wellington House, 4 St Stephen's Rd, Canterbury CT2 7RD

Whitstable & Herne Bay

Whitstable Health Centre, Harbour Street, Whitstable, CT5 1AF.

Jagow House, Millstrood Rd, Joseph Wilson Ind Estate, Whitstable, CT5 3PS.

Whitstable Horsebridge Centre, 11 Horsebridge Road, Whitstable, CT5 1AF.

Whitstable Umbrella Centre, St Marys Hall, Oxford Street, Whitstable, CT5 1DD.

Age UK, 16 Reculver Road, Herne Bay, Kent, CT6 6LE.

Herne Bay Job Centre, 22-26 Bank Street, Herne Bay, CT6 5EA

St Anne's Surgery, 269 Reculver Rd, Herne bay CT6 6SC

Whitstable Library, 37 Oxford St, Whitstable CT5 1DB

Herne bay Library, 124 High St, Herne Bay CT6 5JY

Insight Healthcare



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

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

Faversham

Brogdale farm, Brogdale road, Faversham ME13 8XZ

Faversham Health Centre, Bank St, Faversham ME13 8QR

Herne bay

Briary Children's Centre, Greenhill road, Herne Bay, Canterbury CT6 7RS

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.

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 Canterbury and Coastal.

This Leaflet was last updated 23/09/2019 by the east Kent mental health commissioning team