

Talking Therapy Providers in Canterbury and Coastal



FCS talking therapies

your local free NHS psychological therapy service

01795 591019

www.fcstalkingtherapies.org

INSIGHT
HEALTHCARE

0300 555 5555

www.insighthealthcare.org



01227 479902

www.psicon.co.uk

thinkaction

0300 012 0012 or 01843 293844

www.thinkaction.org.uk



UNIVERSITY MEDICAL CENTRE
PSYCHOLOGICAL THERAPIES

01227 469338

www.umcpt.co.uk

There are five 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

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

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

Franciscan Study Centre, Giles Ln, Canterbury, Kent CT2 7NA

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

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

Eastry Surgery, High Street, Eastry, CT13 0HE

Whitstable & Herne Bay

John Wilson Business Park Chestfield, Whitstable CT5 3RB

St Annes Group Practice 161 Station Road, Herne Bay, CT6 5NF

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 PI, Ash, Canterbury CT3 2HD

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

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

Thinkaction

thinkaction

Patients can self-refer by calling: **0300 012 0012** or **01843 293844**

Email: kca.thanet@nhs.net | 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.

Castle House, Orchard Close Mews, Orchard Street, Canterbury, CT2 8AP.

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

Faversham

Jubilee Way, Unit H, Jubilee Way, Faversham, CT6 6LE.

Psicon



SPECIALISTS IN PSYCHOLOGY
AND HEALTH SERVICES

Patients can self-refer by calling: **01227 479902**

Email: enquiries@psicon.co.uk | Website: www.psicon.co.uk

Canterbury

Psicon Offices:, 15 New Dover Rd, Canterbury, CT1 3AS and
70 New Dover Road Canterbury CT1 3EQ

Canterbury Medical Practice, Littlebourne Road, Bridge , CT4 5BL **Canterbury
Health Centre** 26 Old Dover Road, Canterbury, CT1 3JH

Cossington House 51 Cossington Road, Canterbury, CT1 3HX

Sandwich

The Butchery Surgery, Sandwich, CT13 9DL

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 09/01/2018 by the east Kent mental health commissioning team