



NHS Talking Therapy Providers in Swale

www.liveitwell.org.uk



Have you seen your GP or Doctor and they have recommended you see a counsellor and get some therapy? There is a range of free NHS funded talking therapy and counselling services available in the Swale area.

Talking therapies can help all sorts of people in many different situations. Talking therapy is for anyone who's going through a bad time or who has emotional problems they can't sort out on their own. NHS Talking Therapies provide counselling and support for common mental health problems; anxiety, low mood, low self-esteem, stress, trauma, phobias and anger, as well as problems with regards to relationships, work or debt.

If you live in Swale you can refer yourself into these free services and see a NHS funded therapists:

Faversham Counselling	01795 591019 or email favershamcounselling@talktalk.net
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Website: www.favershamcounselling.org

Insight Healthcare	0300 555 5555 or email mailto:kent@insighthealthcare.org
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Website: www.insighthealthcare.org

Thinkaction Swale	01634 298580 or email SwalePTP@kca.org.uk
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Website: www.thinkaction.org.uk

Please ask your therapy provider if there is a waiting list and if there is please try another provider.

If you have any problems accessing these services please contact Swale Kent Clinical Commissioning Group at: www.swaleccg.nhs.uk or email them at swale.ccg@nhs.net

www.liveitwell.org.uk/therapy