



NHS Talking Therapy Providers in Dartford Gravesham & Swanley



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 Dartford Gravesham and Swanley 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 Dartford Gravesham & Swanley you can refer yourself into these free services and see a NHS funded therapists:

Insight Healthcare

0300 555 5555 or email kent@insighthealthcare.org

Website: www.insighthealthcare.org

North Kent Mind

01322 291380 or email admin@northkentmind.co.uk

Website: www.northkentmind.co.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 Dartford Gravesham and Swanley Clinical Commissioning Group at:

<http://www.dartfordgraveshamswanleyccg.nhs.uk/> or email them at dgs.ccg@nhs.net