Talking Therapy Providers in Thanet

There are three providers of NHS talking therapies available in Thanet 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.

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 Thanet.
Dover Counselling Centre

Patients can self-refer by calling: 01304 204123 or 01303 240131

Email: info@dovercc.org.uk | Website: www.dovercc.org.uk

**Margate**

6 Bells Childrens Centre, 201 High St, Margate CT9 1WH
Blue Wave Hydrotherapy Centre, Victoria Road, Margate CT9 1NA
Northdown Surgery, Northdown Park Rd, Margate CT9 2TR
The Limes Medical Centre, Trinity Square, Margate CT9 1QY

**Ramsgate**

La Belle Alliance Square, Ramsgate, Kent, CT11 8HU
East Cliff practice Montefiore Medical Centre, Dumpton Park Dr, Ramsgate CT11 8AD
The Grange Montefiore Medical Centre, Dumpton Park Dr, Ramsgate CT11 8AD
Minster surgery, 75 High St, Minster, Ramsgate CT12 4AB
Newington road surgery, 100 Newington Rd, Ramsgate CT12 6EW
Hereson Family & Community Centre Lillian Road Ramsgate Kent CT11 7DT

Counsellors working from own premises in Ramsgate

**Broadstairs**

Havisham House, Folly, Northdown Hill, Broadstairs CT10 3HU
The Gap, Baptist Church, Queens Road, Broadstairs Kent CT10 1NU

Counsellors working from own premises in Broadstairs

**Birchington**

Birchington medical centres, Minnis Rd, Birchington-on-Sea, Birchington CT7 9HQ

Counsellors working from own premises in Cliftonville.
Insight Healthcare

Margate
Cliftonville Children’s Centre, 26 St Pauls Road, Margate CT9 2DB
Garlinge Childrens Centre, Caxton Road Margate CT9 5NR

Ramsgate
Priory Infant School, Cannon Road, Ramsgate
Newington Children’s Centre, Princess Margaret Ave Ramsgate CT12 6HX

Broadstairs
Queens Road Baptist Church, Queens Road, Broadstairs, CT10 1NU
Birchington Childrens Centre, Park Lane, Birchington CT7 0AS

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

Thinkaction

Margate
ThinkAction Margate, 1 Cecil Street, Margate, CT9 1PY
The Limes Surgery, Trinity Square, Margate, CT9 1QY
Bethesda Medical Centre, Palm Bay Avenue, Margate, CT9 3NP

Ramsgate
Paragon House, Albert St, Ramsgate, Kent, CT11 9HD

Broadstairs
Broadstairs Campus, East Kent College, Ramsgate Road, Broadstairs, Kent, CT10 1PN
Westgate Surgery, 60 Westgate Avenue, Westgate, CT8 8SN
Minster Surgery, 75 High Street, Minster, CT12 4AB
Birchington Medical Centre, Minnis Road, Birchington, CT7 9HQ

Email: kca.thanet@nhs.net | Website: www.thinkaction.org.uk