NHS
Kent and Medway
Talking Therapies

Feeling low, worried, or stressed?
We are here, we listen.

At NHS Kent and Medway Talking Therapies, we provide a range of support to thousands of people to help them to improve their mood and find ways to manage.

If you are 17.5 years or over and registered with a GP in Kent and Medway we can help you find the tools you need to get life back on track.

Contact us now, it is FREE and confidential.

www.kmtalkingtherapies.co.uk | 0333 091 0414 | Text 'KMTALK' to 88802

Scan to self refer

Services provided by

vita health group

withyou

Are you experiencing:

Excessive Worry

Stress

Depression

Anxiety

Lack of Motivation

How we can support you

We provide a range of evidence-based talking therapies and new ways of coping, tools, and resources to help you manage your mood.

All of our therapies can be provided via secure video, text-based therapy, webinar, phone, or in-person.

NHS Kent and Medway Talking Therapies, is a FREE and confidential support service.

Our easy 3-step approach

1. Self-refer by giving us a call, using our website, or by scanning the QR code on the front of the leaflet.
2. You will be assessed by a friendly member of our team. Together, we will agree the best support for you.
3. A fully qualified therapist will support you throughout your treatment.

Scan to self-refer

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We listen, it's our mission.