

## How to refer yourself:

There are 4 ways you can refer yourself to us:

- Ring the number on the front of this leaflet
- Complete the online referral on our website
- Speak with your GP who can provide a referral on your behalf
- Speak with your local authority support worker, health professional or any other service provider

## Our location: (Currently working remotely due to Covid-19)

FCS Talking Therapies, 10 Gatefield Lane,  
Faversham, Kent ME13 8NX



email: [kmccg.fcstalkingtherapies@nhs.net](mailto:kmccg.fcstalkingtherapies@nhs.net)

**Our telephone lines are open:**  
Monday to Friday 9.30am – 4.30pm

**Our therapy hours are:**  
Monday to Friday 9:00am - 7:00pm Weekends  
and evenings by appointment only

You can leave a message 24 hours a day.  
Please leave your name, contact telephone  
number and a brief message and we will  
contact you as soon as possible.

(We are not a crisis service, if you feel at risk  
please contact emergency services on 111 or  
999)

FCS Talking Therapies is a commissioned provider of  
IAPT services in the Swale CCG area and a delivery  
partner to University Medical Centre in the Canterbury  
& Coastal areas.

Faversham Counselling Service is an Accredited Service with  
The British Association for Counselling and Psychotherapy  
Member number 101934



Company No. 8287687 Charity No. 1154989

**NHS** IAPT (Improving Access to Psychological Therapies)



**Anxious?**  
**Depressed?**  
**Stressed?**  
**Overwhelmed?**

**You can refer yourself for free  
and effective talking therapy or  
online courses**

For more information call:

Your local free **NHS** treatment specialist

**01795 591 019**

**[www.fcstalkingtherapies.org](http://www.fcstalkingtherapies.org)**

## What is IAPT?

Improving Access to Psychological Therapy (IAPT) is a free NHS talking therapies service for people with common conditions, such as anxiety and depression. This service is accessible for people living within the Swale areas and is part of the NHS IAPT initiative to involve local qualified mental health providers in the treatment of common psychological disorders that affect all of us at some point in our lives.

## Our aim is:

To work with people in the Swale and Canterbury & Coastal areas who are suffering from mental health problems or difficulty in dealing with life events.

## Do you experience any of the following?

- Anxiety Disorder or feeling anxious
- Post-Traumatic Stress Disorder (PTSD)
- Obsessive Compulsive Disorder (OCD)
- Depression
- Phobias

*The service is open to anyone aged 18 and over*

## We can help you:

- Address these present problems using evidence-based therapies within NICE guidelines.
- Gain speedy and flexible access to a range of effective treatments from within your locality.
- Find greater choice of access either through self-referral, your GP or other professionals.

## Treatment:

Talking therapy can help you unravel and deal with the distress caused by life difficulties or events which you are experiencing.

Talking with a Therapist can help you to work through your personal difficulties to gain a better understanding of the issues you face and to find suitable solutions or coping strategies in order to move forward with difficulties in your life in a more positive way.

Therapists are trained to listen and to help you explore your feelings, thoughts and behaviours in a safe, confidential and non-judgemental way. Our aim is to make you your own therapist.

## Our treatments include:

- Talking Therapies and Psychoeducation
- Relationship Counselling (incl. Couples)
- Guided Self-Help

- Cognitive Behavioural Therapy (CBT)
- Eye Movement Desensitisation and Reprocessing (EMDR) – for trauma
- Psychological support for Long Term Health Conditions
- Group sessions
- Free Online Mindfulness

## Sign-posting:

As part of our service and our commitment to you, we may guide you toward other useful resources, or local and national services, including:

- visual and audio aids
- websites and groups
- organisations that can better help with your needs



Further information on our treatments can be found on our website at:

[www.fcstalkingtherapies.org](http://www.fcstalkingtherapies.org)

