



## 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](http://www.kmtalkingtherapies.co.uk)  0333 091 0414  Text 'KMTALK' to 88802

## Scan to self refer



Services provided by



**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



Self-refer via our website, telephone, email, or by scanning the QR code with your mobile phone.



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**We listen, it's our mission.**