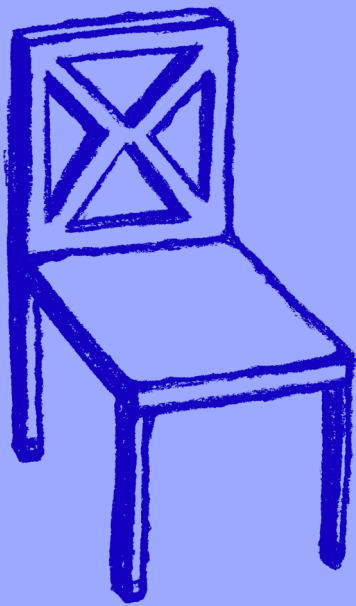


Short Intervention Therapy (SIT)

For children and young people in Medway aged 5-18 with a social worker or early help worker supporting them (including CYP which do not attend school), and those 18 -25 with Special Educational Needs or Care leavers experiencing emotional dysregulation and associated behaviours.

Therapeutic services for children and young people in one-to-one appointments or groups for 6-12 weeks.



Therapy Services:

Dialectical Behaviour Therapy
Cognitive Behaviour Therapy
Creative Therapy

Referral Pathways:

GP
Specialist/LAC Nurses
Social worker

*Early Help Workers may refer
CYP for group therapy.*

To find out more, please see our website:

<https://northkentmind.co.uk/short-intervention-therapy>

Or contact the team at:

shortinterventiontherapy@northkentmind.co.uk

We're here to fight for mental health.

For support. For respect. For you.

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