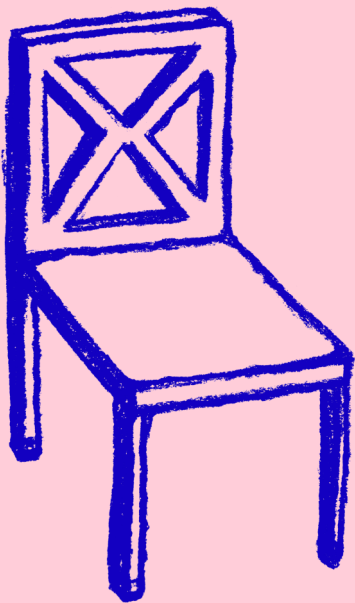


Short Intervention Therapy (SIT)

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 (Personal
Advisors for care leavers)

*Early Help Workers may refer
into group therapy*

To find out more, please see our website:

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

Or contact the team at:

Join the fight for mental health!

The Almshouses | 20 West Hill, Dartford | DA1 2EP

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<https://northkentmind.co.uk>