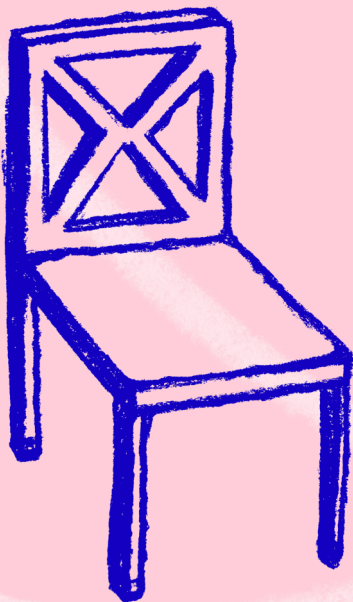


# Short Intervention Therapy (SIT)

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 (Family Solutions)*

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

01322 291380

[admin@northkentmind.co.uk](mailto:admin@northkentmind.co.uk)

<https://northkentmind.co.uk>