

## Refer into the service



Self-refer online at  
[vitahealthgroup.co.uk/vitaminds](https://vitahealthgroup.co.uk/vitaminds)



Call us at  
**0333 0153 495**



Email us at  
[iapt.kentmedway@nhs.net](mailto:iapt.kentmedway@nhs.net)

Monday – Friday 8.00am – 8.00pm  
Saturdays 8.00am – 12.30pm



**Kent and Medway**  
Clinical Commissioning Group



## VitaMinds

Dartford, Gravesham, Swanley and Swale.  
Providing free and confidential talking therapies

# What is VitaMinds?

VitaMinds is part of the Department of Health's Improving Access to Psychological Therapies (IAPT) initiative. We offer access to a range of different talking therapies, psychoeducational group courses and offer access to sessions with Psychological Wellbeing Practitioners, Counsellors and Cognitive Behavioural Therapists.

## How does it work?

Following your referral, the support begins with an assessment where we will discuss your symptoms and whether this service is right for you. If inappropriate, we will support you in accessing the right help. Following your assessment, we will discuss your treatment pathway within VitaMinds. There are a variety of support methods and tools, which include online therapy, group treatments or individual talking therapy.

## Confidentiality

This is a confidential service. Confidentiality will only be broken if we are given cause for concern for your or others safety.