



*Dr Jemma Dowsett*

Mental health provider



Jemma is a qualified medical doctor who has completed further training in evidence based psychological interventions

Her interests include but are not limited to; anxiety, depression, adjustment disorder, grief & loss, ADHD/ADHD coaching, weight loss counseling, assisting with interpersonal skills and self-confidence.

Jemma has a warm, empathetic and respectful approach. She provides skills focused therapy using a range of therapy models tailored to her patients, in a safe and non-judgemental environment.

She is LGBTQIA+ and neurodivergent friendly. Jemma aims to work with patients to build tools and strategies to assist with improving their mental health and wellbeing, allowing them to achieve their goals of therapy.



For more information:



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