

Are you feeling down, worried or stressed?



If you're finding it difficult to cope, this guide gives an overview of free mental health and wellbeing services that can help you in Surrey.

If you need this leaflet in large print, braille or an alternative format please contact NHS Surrey Downs CCG via:

👉 www.surreydownsccg.nhs.uk/emotionalwellbeing

☎ call 01372 201 500

✉ email contactus.surreydownsccg@nhs.net

📱 SMS text to 07747 476 511

You and your mental wellbeing

Everyone has 'ups and downs' in their everyday life – sometimes, we feel happy, relaxed or full of energy and that things are going well. At other times, it's the opposite – we can feel sad, anxious, depressed, worried or stressed.

No one expects you to be at your best all the time. Sometimes day-to-day life can be stressful and changes or problems can feel overwhelming.

Did you know each year one in four of us will experience some kind of mental health problem? So it's not uncommon.

It's important to recognise how you feel and why you might be feeling that way. It's also important to get help when you need it, and that's where we come in.

NHS mental health and wellbeing services

The support that's available is free if you're 18 years or over and registered with a GP in Surrey.

You can contact one of the services listed on the back of this leaflet yourself or your GP can refer you – it's your choice.

These services can help if you're experiencing:

-  Anxiety
-  Stress
-  Depression
(including pre-natal and postnatal depression)
-  obsessive compulsive disorder
-  panic attacks
-  phobias
-  post-traumatic stress disorder

What help is available?

Different types of support are available – from one-to-one talking therapy and counselling to group therapy or online courses. You can pick the option that works for you.

Can I talk to someone?

Yes. A type of talking therapy called Cognitive Behavioural Therapy (CBT) is one form of support available. It aims to help you deal with problems that may be overwhelming by breaking them down into smaller parts. It will show you how to change these negative patterns to improve the way you feel.

How can I get help?

We work with six different organisations who provide support. You can choose the one that best meets your needs and you can contact them directly (you don't need to go through your GP).

What happens when I get in touch?

When you contact your chosen service you'll have an initial discussion for about ten minutes. They'll ask you for some general information about yourself, and arrange a date and time for you to have an assessment. The assessment will help us to understand the type of support you need, and will last for up to an hour.

You can contact any of the services listed in this leaflet, but if you need extra help, or are unsure about what might be best for you, please talk to your GP.

Who to contact

You can contact any of these organisations directly for support.

Centre for Psychology

Face-to-face therapy sessions in a local setting, including workshops on anxiety, stress and mindfulness.

☎ 01483 901 429

✉ surrey@centreforpsychology.co.uk

👉 www.centreforpsychology.co.uk

Mind Matters

Face-to-face, phone or online one-to-one and workshop sessions for talking therapy in the evenings and at weekends.

☎ 0300 3305 450

✉ rxx.mindmatters-surrey@nhs.net

👉 www.mindmattersnhs.co.uk/surrey

DHC Talking Therapies (Dorking Healthcare Ltd)

Therapies, including CBT and counselling for depression, via face-to-face, phone, group and one-to-one sessions.

☎ 01483 906 392

✉ iapt.dhc@nhs.net

👉 www.dhctalkingtherapies.co.uk

Talking Therapies Surrey

Online therapy support service available 24/7 at a time that suits you.

☎ 0300 365 2000

📞 SURREY to 07500 915 968

✉ bks-tr.surreytalkingtherapies@nhs.net

👉 www.berkshirehealthcare.nhs.uk/surreyonline

Ieso Digital Health

Live, online, one-to-one CBT available anytime, including evenings and weekends.

☎ 0800 074 5560

📞 MIND to 66777

✉ info@iesohealth.com

👉 www.iesohealth.com

We are With You

Face to face, phone, group and online evidence based therapies.

☎ 0300 012 0012

📞 TALK to 82085

✉ enquiries@wearewithyou.org.uk

👉 www.wearewithyou.org.uk/mental-health