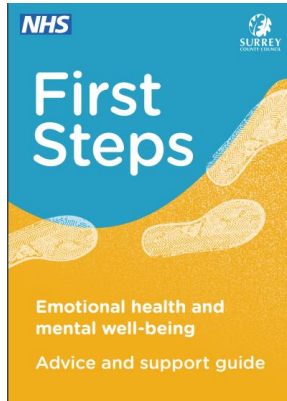


## List of Mental Health Support Organisations

The following list of organisations is not exhaustive but gives the main support organisations available. More detailed information is available in The NHS [First Steps booklet](#) which provides advice and contact details for a variety of mental health issues as well as situations that can affect mental health such as bereavement and loss, bullying and harassment, domestic abuse, debt and financial, social isolation and loneliness and work and unemployment.



**Healthy Surrey** - [www.healthysurrey.org.uk/mentalwellbeing](http://www.healthysurrey.org.uk/mentalwellbeing)

There is also a confidential phone line, to guide people to self-help resources and local/national services to help with emotional and mental well-being: **0808 802 5000**. It is open 24 hours, 7 days a week and free from landlines and mobiles. For more clinical support contact GP. SMS texting for people who are deaf or hard of hearing: 07537 432 411 (staffed Mon – Fri 9am – 2pm).

### **NHS Talking Therapies**

There is a choice of Talking Therapy services available across Surrey for people over 18 years and registered with a GP in the county. It's for those who are experiencing mild to moderate mental health problems including stress, low mood, anxiety, panic attacks, depression (including pre and post-natal), obsessive compulsive disorder, phobias, post traumatic stress and eating difficulties. People can refer themselves or be referred by a GP. The services offer a range of treatments including cognitive behaviour therapy – both in person and online, other individual therapies, group therapy, workshops and courses (like managing emotions, worries, depression), guided self-help material, book recommendations and employment advice.

[www.healthysurrey.org.uk/mentalwellbeing/adults/local-services](http://www.healthysurrey.org.uk/mentalwellbeing/adults/local-services)

The following choice of services are available for all Surrey residents - except those in Farnham.

Centre For Psychology  
01483 901 429

[www.centreforpsychology.co.uk](http://www.centreforpsychology.co.uk)  
[surrey@centreforpsychology.co.uk](mailto:surrey@centreforpsychology.co.uk)

DHC Talking Therapies

01483 906392

[www.dhctalkingtherapies.co.uk](http://www.dhctalkingtherapies.co.uk)

Ieso Digital Health

0800 074 5560 or Text "Mind" to 66777

[www.iesohealth.com](http://www.iesohealth.com) [info@iesohealth.com](mailto:info@iesohealth.com)

Mind Matters - SABP NHS FT

0300 330 5450

[www.mindmattersnhs.co.uk](http://www.mindmattersnhs.co.uk)

[mindmatters.surrey@sabp.nhs.uk](mailto:mindmatters.surrey@sabp.nhs.uk)

Talking Therapies Surrey Online

0300 365 2000

[www.berkshirehealthcare.nhs.uk/surreyonline](http://www.berkshirehealthcare.nhs.uk/surreyonline)

ThinkAction

0300 012 0012 or Text 'TALK' to 82085

[www.thinkaction.org.uk](http://www.thinkaction.org.uk)

[thinkaction@addaction.org.uk](mailto:thinkaction@addaction.org.uk)

For Farnham residents: TalkPlus

01252 533 355

[www.talkplus.org.uk](http://www.talkplus.org.uk)

[nehccg.talkplus@nhs.net](mailto:nehccg.talkplus@nhs.net)

### **Community Connections**

This service offers a range of support, aimed at improving emotional and mental well-being. People can self refer or be referred by a GP or mental health professional. Services include: one to one support; support groups; drop in services; signposting to local agencies, like employment support; and activities including walking groups, art groups; mindfulness sessions; social events; peer support; and confidence building courses. Community Connections Surrey

[www.communityconnectionssurrey.com](http://www.communityconnectionssurrey.com)

Welcome Project / Catalyst (Waverley) 01483 590150 / SMS: 07909 631623

### **Bereavement and loss**

Useful contacts: Cruse Bereavement Care

South West Surrey: 01483 565 660

[southwestsurrey@cruse.org.uk](mailto:southwestsurrey@cruse.org.uk)

Survivors of Bereavement by Suicide 07851 420 526

[email.support@uksobs.org](mailto:email.support@uksobs.org)

[www.uksobs.org](http://www.uksobs.org) and search for 'Surrey'

### **Domestic Abuse**

Domestic abuse Domestic abuse is any incident of threatening behaviour, violence or abuse (psychological, physical, sexual, financial or emotional) between adults.

This can take place between people regardless of gender or sexuality, and between people who are or have been in a relationship together, or between family members.

There are a number of support organisations.

Useful contacts:

Surrey Against Domestic Abuse

[www.surreyagainstda.info](http://www.surreyagainstda.info)

Your Sanctuary

01483 776 822 (24 hour)

[www.yoursanctuary.org.uk](http://www.yoursanctuary.org.uk)

Childline

For anyone under the age of 19 who feels unsafe in their relationship.

0808 1111 (24 hour, calls are free from phones and mobiles)

[www.childline.org.uk](http://www.childline.org.uk)

Men's Advice Line

Advice and support for men in abusive relationships.

Phoneline and webchat. 0808 801 0327

[info@mensadviceline.org.uk](mailto:info@mensadviceline.org.uk)

[www.mensadviceline.org.uk](http://www.mensadviceline.org.uk)

### **Mental health crisis**

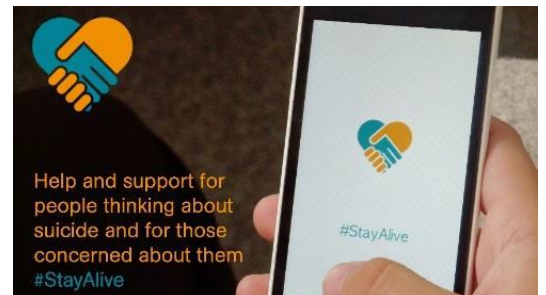
Surrey and North East Hampshire Mental Health Crisis Helpline

Open 24 hours, 7 days a week. Phone: 0800 915 4644 free of charge for Surrey residents and their carers

Download the Staying Alive App

An app full of useful information and tools to help you

stay safe in crisis. [www.prevent-suicide.org.uk/findhelp-now/stay-alive-app](http://www.prevent-suicide.org.uk/findhelp-now/stay-alive-app)



Also advice and guidance from

[www.sabp.nhs.uk/our-services/advice-guidance/getting-help-crisis](http://www.sabp.nhs.uk/our-services/advice-guidance/getting-help-crisis)

Shout An anonymous, free 24/7 text service

A safe space where you're listened to by a trained Crisis Volunteer and get professional support creating a simple plan of action to manage your crisis.

Text 'Shout' to 85258

[www.giveusashout.org](http://www.giveusashout.org)

Samaritans

Open 24 hours a day, 365 days a year.

116 123 (free from any phone)

[jo@samaritans.org](mailto:jo@samaritans.org)

[www.samaritans.org](http://www.samaritans.org)

## CALM

A national out of hours helpline and live webchat for men, open 5pm-midnight, 365 days a year.

0800 58 58 58

[www.thecalmzone.net/help](http://www.thecalmzone.net/help)

## SANE

A national, out-of-hours helpline, text care and online support forum offering emotional support and information to anyone affected by mental illness, including family, friends and carers.

0300 304 7000 (4.30-10.30pm)

[info@sane.org.uk](mailto:info@sane.org.uk)

[www.sane.org.uk](http://www.sane.org.uk)

## Safe Havens

Out-of-hours friendly help and support to people and their carers who are experiencing a mental health crisis or emotional distress. You can drop in - doors are open to anyone and you do not have to be registered with a mental health service

[www.sabp.nhs.uk/ourservices/mental-health/safe-havens](http://www.sabp.nhs.uk/ourservices/mental-health/safe-havens)

### Aldershot Safe Haven

The Wellbeing Centre, 121-123 Victoria Road, Aldershot GU11 1JN

6-11pm, Monday to Friday 12.30-11pm, weekends and bank holidays

### Guildford Safe Haven Oakleaf

Enterprise, 101 Walnut Tree Close, Guildford GU1 4UQ

Open daily: 6-11pm, inc bank holidays

### Woking Safe Haven

The Prop, 30 Goldsworth Road Woking, Surrey GU21 6JT

Open 24 hours (as a pilot until 31 March 2021)

## Support After Suicide

If you have been affected by suicide there is support available.

### Support after suicide

A network of services for people bereaved by suicide.

[www.supportaftersuicide.org.uk](http://www.supportaftersuicide.org.uk)

### Survivors of Bereavement by Suicide

0300 111 5065 [email.support@uksobs.org](mailto:email.support@uksobs.org)

[www.uksobs.org](http://www.uksobs.org)

## CRUSE

0808 808 1677

[infor@cruse.org.uk](mailto:infor@cruse.org.uk)

[www.cruse.org.uk](http://www.cruse.org.uk)