



Community Connections

THE WELCOME
PROJECT
Unlocking Potential.

Services: One to one and group support, guidance and activities to increase wellbeing for people struggling with a range of mental health issues. Friendly and welcoming.



Guildford and Waverley



01483 590 150 Text: **07909 631 623**



www.welcomeprojectsurrey.co.uk



welcomeproject@catalystsupport.org.uk



Safe Haven
in Guildford

Services: Out of hours crisis support centre for your emotional and mental health.



101 Walnut Tree Close, Guildford, GU1 4UQ

Open 6.00 pm - 11.00 pm
365 days a year



NHS

Guildford and Waverley
Clinical Commissioning Group

Anxiety, stress, or depression?

Refer yourself for Psychological Therapy for help with mild to severe mental health conditions.

Choose a provider from this card.

These services are provided free by the NHS if you are aged 18 years old or over and registered with a GP surgery in the Guildford and Waverley area



Centre for
Psychology

Services: One-to-one therapy, mindfulness group sessions and supportive workshops.



Surrey-wide locations



01483 901 429 **Text:** 07508 637090



www.centreforpsychology.co.uk



guildford@centreforpsychology.co.uk



Services: Online and face-to-face individual sessions, phone appointments and educational courses.



Guildford, Godalming, Send, Merrow



01483 746 900 **Text:** TALK to 82085



www.thinkaction.org.uk/surrey-reigate



surreyptp@addaction.org.uk



Services: Live, one-to-one Cognitive Behavioural Therapy (CBT) over the internet.



You need a computer, tablet or smartphone and a quiet place to access this service



01954 230 066 **Text:** MIND to 66777



www.iesohealth.com/surrey



Services: Face-to-face CBT, guided self-help and counselling support for individuals and groups.



Surrey-wide locations



01483 906 392



www.dhcclinical.com/iapt.php



iapt.dhc@nhs.net



Surrey and Borders
Partnership
NHS Foundation Trust

Services: Face-to-face, phone and web based therapy including video and groups.



Surrey-wide locations



0300 330 5450



www.mindmattersnhs.co.uk/surrey



rxx.mindmatters-surrey@nhs.net

