

**Press Release  
For Immediate Use**

Date 1 February 2018



## **Time to Talk Day 2018 – Make Time to Talk about Mental Health**

Time to Talk Day takes place today, 1 February 2018 and provides an opportunity for us all to be more open about mental health.

Sometimes people with mental health problems can feel isolated. Being open to mental health doesn't have to be awkward, just by being there for someone can make a real difference.

If you are experiencing anxiety, stress, low self-esteem or depression it can be good to share how you feel with others. Psychological therapies such as counselling, mindfulness and cognitive behavioural therapy can help and are available free on the NHS. There is also support available for the psychological effects of long-term conditions such as diabetes and respiratory illnesses. Individual counselling and group therapy are available for people with postnatal depression. People can self-refer to these treatments. The psychological therapies can be provided online, by telephone, in one-to-one sessions and in group therapies.

Since April 2017 more than 7000 people have completed treatment across Surrey. More details about the service and how to access the psychological therapies can be found on the [Guildford and Waverley CCG website](#).

The Guildford Safe Haven walk-in service in Walnut Tree Close, is open 6pm-11pm, 365 days a year and offers support to anyone with emotional and mental health needs. There are also Safe Havens located in Aldershot, Epsom, Redhill and Woking. The Safe Havens offer a calm and safe environment for anyone over the age of 18 years. The aim is that these locations can provide support and recovery for those who are experiencing a mental health crisis without the need to book an appointment.

Any young person aged between 10-18 years can access the CYP Haven in Guildford. This is a safe place where young people can talk about their worries in a friendly and safe environment. It also provides a network of professionals to give assistance and advice.

Dr Sophie Norris, GP and Clinical Lead for Mental Health and Dementia, Guildford and Waverley CCG said: "It's important for us all to be able to talk more openly about mental health. Wherever you are on 1 February, take the time to talk about it whether it is with your friend, colleague or a family member. You don't have to be an expert; just by listening can help someone".

"Alternatively, free NHS mental health support can be sought through counselling from Improving Access to Psychological Therapies, at a Safe Haven, by telephoning 111 or by visiting your GP. These services are staffed with appropriately trained mental health professionals who are there to listen, give support and can signpost to other organisations who can help during a crisis. Having the availability in Surrey of free self-referral NHS psychological therapy and walk-in Safe Havens offers invaluable emotional and mental health support for anyone who feels they need it."

**-Ends-**

## Notes for Editors:

There are different types of NHS mental health services available.

[My Journey App](#) - developed by [Surrey and Borders Partnership](#) aimed at teenagers who have mental health problems.

[First Steps Surrey](#) - provides information on emotional well-being material and training. Their aim is to provide the general public, communities and organisations with relevant information and strategies to help raise awareness on emotional well-being and to reduce the stigma surrounding mental health issues.

[Mental Health Foundation](#) - contains a range of publications, including reports, briefings and information booklets. Hard copies are available to purchase and can be ordered online. Most publications can be downloaded free of charge as a PDF file.

[MIND](#) - provides advice and support to empower anyone experiencing a mental health problem. They campaign to improve services, raise awareness and promote understanding.

[The Welcome Project](#) - focuses on people who have mental health problems but is open to everyone who is between the age of 18 and 65 and lives in Guildford, Waverley and Surrey Heath and would like to better their well-being. They offer support and guidance to people who struggle with their mental health, suffering from depression, anxiety, mood swings, stress, feeling isolated and those who would like to improve their sense of wellbeing. The Project focuses on people's needs to regain their power and strength, lead a well-balanced life, maintain and increase their feeling of well-being. You can refer yourself or get referred by your GP, mental health teams or other voluntary organisations. They work closely with Oakleaf Enterprise, Guildford Action and VASWS, which are long established charities in Surrey

NHS Guildford and Waverley Clinical Commissioning Group (NHS Guildford and Waverley CCG) consists of 21 GP practices, known as 'Member Practices'. From 1 April, 2013, NHS Guildford and Waverley CCG became the NHS organisation responsible for the commissioning of hospital and community health services, medicines management and enhanced primary care services for the residents of Guildford and Waverley. It serves a population of over 200,000 and has an allocation of £245m (2016/17).

The CYP Haven <https://www.cyphaven.net/> based in Guildford town centre. A safe space for children and young people aged 10-18 where they can talk about worries and mental health in a confidential, friendly manner.

The vision of NHS Guildford and Waverley CCG is:

*'To ensure that innovative, quality driven, cost effective health and social care is in place. We will deliver services which reflect the needs of the local population and improve the health and wellbeing of people living in Guildford and Waverley.'*

The responsibilities of NHS Guildford and Waverley CCG are to commission:

- Urgent and emergency care
- Elective hospitals treatment
- Community care health services
- Other community-based services
- Rehabilitation services

- Maternity and newborn services
- Children's healthcare services
- Services for people with learning disabilities
- Mental health services

**For more information, contact Jo Lang, Communications Manager, NHS Guildford and Waverley Clinical Commissioning Group.**

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