



Community Connections



Guildford and Waverley
Clinical Commissioning Group

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.



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



www.guildfordandwaverleyccg.nhs.uk



@NHSGWCCG



NhsGuildfordAndWaverleyCcg

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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

All providers accept referrals for help with the psychological impact of living with long term conditions including diabetes, musculoskeletal conditions, chronic obstructive pulmonary disorder and medically unexplained symptoms.





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

thinkaction

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



Surrey-wide locations



0300 012 0012 Text: TALK to 82085



www.thinkaction.org.uk



thinkaction@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



0800 074 5560 Text: MIND to 66777



www.iesohealth.com/surrey



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



Surrey-wide locations



01483 906 392



www.dhctalkingtherapies.co.uk



iapt.dhc@nhs.net



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



Surrey-wide locations



0300 330 5450



www.mindmattersnhs.co.uk/surrey



rxx.mindmatters-surrey@nhs.net



Services: Online therapy service offering support 24/7 at a time that suits you.



Online via tablet, computer or smartphone



0300 3652000 Text: SURREY to 07500 915968



www.berkshirehealthcare.nhs.uk/surreyonline



bks-tr.surreytalkingtherapies@nhs.net