

Are you experiencing anxiety, stress or depression?

Psychological therapies such as counselling, mindfulness, and cognitive behavioural therapy can help and are available free on the NHS.

You can easily self-refer by contacting one of the providers listed below.

If you are unsure or need additional support, contact your GP surgery to discuss further.

These services are provided free if you are 18 years old or over and registered with a GP in Guildford or Waverley.




Surrey and Borders Partnership
NHS Foundation Trust

Face-to-face, phone & web based CBT & counselling incl. video & groups

☎ 0300 330 5450
✉ www.mindmattersnhs.co.uk/surrey
✉ rxx.mindmatters-surrey@nhs.net
📍 Surrey-wide locations



Centre for Psychology

Face-to-face therapy, mindfulness groups and supportive workshops

☎ 01483 901 429 **Text:** 07508 637 090
✉ guildford@centreforpsychology.co.uk
🌐 www.centreforpsychology.co.uk
📍 Surrey-wide locations



Face-to-face, online, phone and educational courses for individuals

☎ 0300 012 0012 **Text:** TALK to 82085
✉ thinkaction@addaction.org.uk
🌐 www.thinkaction.org.uk
📍 Surrey-wide locations



Live, one-to-one web based therapy via your pc, tablet or mobile

☎ 0800 074 5560 **Text:** MIND to 66777
🌐 www.iesohealth.com/surrey
📍 Any connected device



Face-to-face & online CBT, self-help & counselling for individuals & groups

☎ 01483 906 392
✉ iapt.dhc@nhs.net
🌐 www.dhctalkingtherapies.co.uk
📍 Surrey-wide locations



Berkshire Healthcare
NHS Foundation Trust

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

☎ 0300 365 2000
Text: SURREY to 07500 915968
✉ bks-tr.surreytalkingtherapies@nhs.net
🌐 www.berkshirehealthcare.nhs.uk/surreyonline



Face-to-face support and activities for groups and individuals

☎ 01483 590 150
✉ welcomeproject@catalystsupport.org.uk
🌐 www.welcomeprojectsurrey.co.uk
📍 Guildford, Waverley



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

📍 101 Walnut Tree Close
Guildford, GU1 4UQ
Open 6pm - 11pm
365 days a year

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.

