



Everyone feels **stressed, unhappy or overwhelmed** sometimes.

For more information about how the local NHS can help and to access free advice, please see:
www.surreydownscg.nhs.uk/emotionalwellbeing

If you need extra help or are unsure about what might be best for you, please talk to your GP.

Depressed?
Worried?
Fearful?
Stressed?
Anxious?

If you are finding it difficult to cope, **we can help**



Centre for Psychology



Surrey and Borders Partnership **NHS**
NHS Foundation Trust



Are you feeling stressed, anxious or depressed? If so, you are not alone.

Each year one in four of us will experience a mental health problem.

What can I do if I am finding it difficult to cope?

If you are over 18 and registered with a GP in the Surrey Downs Clinical Commissioning Group area (which includes East Elmbridge, Epsom and Ewell, and Mole Valley), you can **access free help and support directly**.

This means you can participate in **group activities**, take **online courses**, or book **private appointments** with a therapist, without needing to talk to your GP first, if you would prefer not to.

Who can you help?

Talking about your problems really can help, but isn't for everyone. That's why our therapy services look at each person's individual needs and offer the type of care likely to help the most.

If you have **anxiety**, **stress** related problems, **panic attacks**, **depression** (including pre- and post-natal depression), Obsessive Compulsive Disorder (**OCD**), or **phobias**, we can offer free help.

What treatments are available?

A type of talking therapy called cognitive behavioural therapy (**CBT**) is our main treatment, as it is backed by strong evidence and is recommended by the Department of Health, but **different people have different needs**, and our providers offer a range of approaches.

How can I get help?

You can contact one of the following five local organisations directly and ask for a free appointment on the NHS. They will **talk to you and assess your needs**. This can take up to an hour, so please make sure to find a comfortable and private space, and have paper and a pen to hand. Some of the questions may not seem relevant to you, but they will all **help us understand the type of support you need**.

Who to contact:

You can get in touch with any of these services directly. Each one offers different kinds of help and support.

Ieso Digital Health - Live, online therapist-led Cognitive Behavioural Therapy (CBT) over the internet at all times of day.

01954 230066 | info@iesohealth.com | www.iesohealth.com/surrey

ThinkAction Surrey - Evidence-based, time limited, psychological treatments and therapies for common mental health problems.

01737 225370 | SurreyPTP@addaction.org.uk | www.thinkaction.org.uk

Surrey and Borders Partnership NHS Foundation Trust - A range of talking therapies including one-to-one and workshops, either face to face, telephone or video (incl. weekend and evening appointments).

0300 330 5450 | RXX.Surreyiapt-referrals@nhs.net | www.sabp.nhs.uk/iapt

Centre for Psychology - Individual face-to-face sessions in a local setting using evidence based therapies, and anxiety-based, stress-based and mindfulness workshops.

01483 901429 | www.centreforpsychology.co.uk

Dorking Healthcare (DHC) - One-to-one sessions (including via phone), guided self-help, group/individual CBT and mindfulness workshops.

01306 735473 | www.dhcclinical.com/iapt.php