

Each year one in four of us will experience a mental health problem. **You are not alone.**

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



If you are over 18 and registered with a GP in the East Surrey Clinical Commissioning Group area (which includes Tandridge, Redhill and Reigate), you can access free help and support directly.

## Q. Who can help me?

There is a range of options available and you don't necessarily have to see your GP. East Surrey CCG has introduced self-referral for psychological therapy – so you can book appointments direct with a therapist.

**If you feel you aren't ready for counselling, or feel that it is not for you, there are other services available.**

**First Steps help people recover their emotional wellbeing, with a focus on self-help and directing people to the right services,**

visit [www.firststeps-surrey.nhs.uk/](http://www.firststeps-surrey.nhs.uk/)

## Q. What treatments are available?

There are four available services which look at each person's individual needs and offer the type of care likely to help the most with a range of conditions, including, for example, depression, panic attacks, OCD and phobias. You can contact one of these organisations directly and ask for a free appointment on the NHS.

### Mind Matters

#### Services offered

- Generalised anxiety and stress - related problems
- Panic attacks
- Depression, including pre- and post-natal depression
- OCD and phobias

#### Locations and Clinic hours

- Redhill Mon to Thursday • Oxted and Caterham Monday to Wednesday • Reigate Monday • Evening telephone appointments on Tuesday and Wednesday until 7:30 pm. • Also available in Dorking and Epsom

Tel: 0300 330 5450

[www.mindmattersnhs.co.uk/](http://www.mindmattersnhs.co.uk/)

### Ieso digital Health



#### Telephone and online service

Therapy is delivered at a time and location of the patient's choice. This is agreed with the therapist during or between sessions

- One-to-one cognitive behavioural therapy in real time using typed conversation over secure internet connection

Tel: 0195 423 0066

[www.iesohealth.com/surrey](http://www.iesohealth.com/surrey)

### Think Action

#### Services offered

- Depression
- Generalised anxiety
- OCD and phobia

#### Location

Surrey Mental Health Services, Reigate, Alma House, RH2 0AX

#### Clinic hours

- Monday to Thursday 9am to 8pm • Friday 9am to 5pm

Tel: 0173 722 5370

[www.thinkaction.org.uk](http://www.thinkaction.org.uk)

### DHC (Dorking Healthcare)

#### Services offered

- Psychological education courses
- Cognitive Behaviour Therapy
- Guided self-help
- Workshops appropriate for your condition

#### Locations

- Holmhurst Medical Centre (Redhill/Merstham) • Caterham Valley Medical Practice • Smallfield Surgery • Age Concern at Merstham

Tel: 0130 673 5459

<http://dhclinical.com/iapt.php>

If you are experiencing a mental health crisis you should see your GP as soon as possible, or contact:

- Samaritans  
Tel: 0845 7909 090  
[www.samaritans.org](http://www.samaritans.org)
- NHS 111  
Tel: 111  
[www.nhs.uk](http://www.nhs.uk)



Depressed?  
Worried?  
Fearful? Stressed?  
Anxious?

Everyone feels stressed, unhappy or overwhelmed sometimes.

For more information about how the local NHS can help and to access free advice, please visit [www.eastsurreyccg.nhs.uk](http://www.eastsurreyccg.nhs.uk) and search for 'Psychological Therapy'

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

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