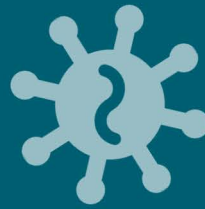


COVID-19

UPDATE



Our Services and Useful Resources

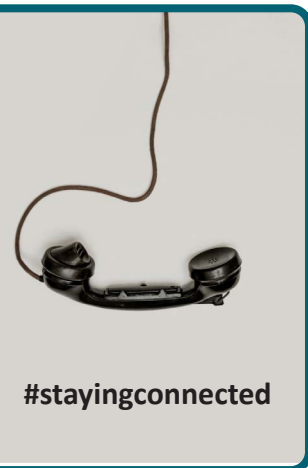
www.catalystsupport.org.uk/COVID-19-Help

As a community based charity, we know how important support is for our clients. We have been working hard to ensure our clients and the community get the help they need during this time. Our services are still operating but some services have been adapted to comply with the Stay Safe, Stay Home Government Guidelines and we are looking at developing these even further over the coming months.

CATALYST ARE STILL SUPPORTING CLIENTS REMOTELY AND ARE OPEN FOR REFERRALS

T: 01483 590 150 | E: info@catalystsupport.org.uk

OUR MENTAL HEALTH & WELLBEING SERVICES



#stayingconnected

Community Connections Telephone Support and open for Referrals

With the stay safe, stay home guidelines now in place, we cannot meet our clients face to face and are unable to offer groups and activities until further notice.

TELEPHONE SUPPORT: We are pleased to be able to offer telephone / skype support to our clients and are doing regular weekly welfare checks.

ONLINE ACTIVITIES: We are offering weekly groups and activities online to help people with their mental health and wellbeing. Book via the Surrey Virtual Hub - [click here.](#)

REFERRALS STILL BEING TAKEN: Community Connections referrals are still being taken by email and telephone. Clients will receive a telephone assessment when their referral is received. Less vulnerable clients will be allocated to a waiting list. [How to make a referral.](#)



#MentalHealthMatters

Safe Havens Open for those in crisis

Our Safe Havens in **Guildford, Woking & Aldershot** remain open as a drop in service but **only for those in crisis** and we are adhering to strict rules around social distancing. The maintaining wellbeing peer support sessions between 6-8pm have been cancelled until further notice. We are also offering a **virtual safe haven service** - for more information, please visit: <https://www.catalystsupport.org.uk/safe-havens/>



#StayhomeStaysafe

GPiMHS / MHICS Service as normal via telephone

Mental Health support at GP practices: Referrals, assessments and appointments are continuing as normal **via telephone**. To find out more about service, please visit: www.catalystsupport.org.uk/mental-health-in-the-community





OUR DRUG & ALCOHOL SERVICES



Reach Out Counselling

Telephone support and open for referrals

We currently are not able to offer face to face counselling sessions or family and friends group support until further notice but can offer the following services:

- Telephone counselling available
- Weekly welfare checks ins for our current face to face clients

Referrals still being taken

We are still accepting referrals for Reach Out Counselling via email and telephone. Clients will receive a telephone assessment once their referral is received. [How to make a referral.](#)

Get in Touch

Head Office / Reach Out Counselling

Tel: 01483 590 150

Text: 07909 631 623

E: info@catalystsupport.org.uk

South West Team Community Connections Teams

Covers the boroughs of Guildford, Waverley, Surrey Heath and the Farnham area

Phone: 01483 415 950

Email: sw.welcomeproject@catalystsupport.org.uk

Text: 07909 631 623

North West Team Community Connections Teams

Covers the boroughs of Runnymede, Woking, Spelthorne and West Elmbridge

Phone: 01784 440 378

Email: nw.welcomeproject@catalystsupport.org.uk

Text: 07909 631 623

For the most up to date information about our services and other useful services, please visit: www.catalystsupport.org.uk/COVID-19-Help

SMART

Online meetings available



UK SMART Recovery[®]

Self-Management and Recovery Training

All Catalyst Peer-led and i-access treatment meetings have been **cancelled until further notice.**

Online Meetings- SMART, AA, NA & CA have expanded their online meetings - for more information visit:

<https://www.catalystsupport.org.uk/smart-recovery/>

Needle Xchange Woking Open as usual

The Xchange

20 High Street
Woking
GU21 6BW

Telephone: 01483 773242



Opening Hours

Monday - Friday: 9:30am - 4:30pm*

*closed on Wednesdays from 12:30pm - 1:00pm



We are pleased to say that the Needle Xchange in Woking remains open for those needing access to clean, safe injecting equipment.

Specialist Outreach Teams Still supporting people safely

Assertive Outreach



CHI
Catalyst High
Impact

SPECIALIST
OUTREACH
TEAM



All our outreach teams are still out working within the community, helping the most vulnerable in the safest way possible.

