

# OUR SERVICES

WWW.CATALYSTSUPPORT.ORG.UK

Kindness | Integrity | Commitment



V4 - 1220

Catalyst provide a range of services across Surrey. We specialise in promoting the wellbeing of people with drug, alcohol and mental health issues. Below are brief descriptions of all our services, demonstrating how they fit within Catalyst.

## Mental Health & Wellbeing



We provide groups, activities and 1-1 support for people with their mental health & wellbeing. Lead Provider for Guildford, Woking, Runnymede, Spelthorne, West Elmbridge, Surrey Heath and Farnham.

### Safe Havens

Out of hours help and support to people and their carers who are experiencing a mental health crisis or emotional distress. Locations: Woking, Guildford & Aldershot, Epsom and Redhill. Open 365 days a year.

### Working in GP practices

Working with GP's and psychiatrists at a local level. Offering 30 minute appointments to assess mental health needs, signpost and connect with the local community.

### SUN (Service User Network)

Community based, open access peer support groups aimed at improving services for people with personality disorders.

## Drugs & Alcohol

### REACH OUT COUNSELLING

12 weeks of free counselling to people struggling with substance use issues. 1-1 sessions and telephone counselling available. Open to individuals and family / friends.



**i-access** - Supporting people who want help with their problematic drug use and/ or are highly dependent on alcohol.



A group programme to help people manage their recovery from any type of addictive behaviour.

### CHI Catalyst High Impact

Working with hard to engage clients who are frequent attenders of services for alcohol use.

## Family & Friends

### FAMILY AND FRIENDS GROUPS

Structured groups in Surrey for those affected by their loved one's drug and alcohol use.

### Family Safeguarding (i-access)



Rapidly responding, integrated and specialist Drug and Alcohol workers with targeted interventions for families working on Child In Need, Child Protection or Public Law Outline interventions.

### Woking Xchange



Providing people with easy access to clean injecting equipment and safe disposal. Reducing harm to themselves and others.

### Assertive Outreach



Working with community partners in Guildford, Woking and Mole Valley (Alpha in Elmbridge), providing Substance misuse outreach for rough sleepers.

## Specialist / Innovative



### Our Social Enterprise

Alpha is a social enterprise who work long term with complex clients as well as offering a range of other services including extreme cleans.

### Liaison & Diversion Service



Providing early intervention for vulnerable people as they come to the attention of the criminal justice system. RECONNECT is a service providing a whole system approach to include Women leaving custodial settings so they continue to receive support in the community.



Providing those in recovery an opportunity to gain an approved LASER awards qualification.



Specialist outreach for vulnerable adults - includes cuckooing and assertive outreach for people C19 positive that need to self-isolate.