

## Our mental health and wellbeing services available in Surrey



### 1-1 Support

We provide tailored 1 to 1 support to develop coping skills, manage mental health and improve wellbeing.



### Activities

Access to peer support, interest groups and wellbeing activities. Online and physical activities are available.



### GP mental health service

We are based at some GP practices\*, providing guidance for emotional wellbeing and mental health issues. Connecting you with support and community services.



### Safe Havens

We cover 3 out of 5 Safe Havens in Surrey that provide out of hours support for those experiencing a mental health crisis. You can drop in to any of our Safe Havens. Virtual Safe Havens are also available.

***All are services are free and available for adults\*\* living in Waverley, Farnham Guildford, Surrey Heath, Spelthorne, Runnymede, Woking and West Elmbridge***

\* Visit our website for more information about which GP practices are involved

\*\* 1-1 support and activities are 16+ | GP mental health service and Safe Havens are 18+

# Get in Touch

For more information about any of our services, visit our website or contact us:

We cover the boroughs of Guildford, Waverley, Farnham, Surrey Heath, Runnymede, Woking, Spelthorne and West Elmbridge

**Postal Address:** Catalyst, 183a London Road, Camberley GU15 3JS

**Phone:** 01276 409 415

**Fax:** 01276 65 112

**Text:** 07919 541 424

**Email:** [communityconnections@catalystsupport.org.uk](mailto:communityconnections@catalystsupport.org.uk)

**Group Enquiries:** [groups.cc@catalystsupport.org.uk](mailto:groups.cc@catalystsupport.org.uk)

*We accept self referrals, GP and other organisation referrals for all our services*



(previously The Welcome Project)

Community Connections Surrey



*"We provide a pathway of mental health support through our network: facilitating peer support, learning and personal development."*

[WWW.CATALYSTSUPPORT.ORG.UK](http://WWW.CATALYSTSUPPORT.ORG.UK)

REGISTERED CHARITY NO.1075892 COMPANY NO.3689561



@Catalyst\_support |



@CATALYSTethos |



Catalyst Support