Are you feeling stressed, anxious or depressed?

***You are not alone***. One in four people experience a mental health problem every year.

Your local NHS provides a **FREE** service offering confidential advice and support. Providers offer a range of therapies in a sensitive and caring environment for those aged 18 years or over who are registered with a GP in North West Surrey:

* Spelthorne
* Runnymede
* West Elmbridge (Walton, Weybridge, Hersham)
* Woking

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| **Organisation** | **Services offered** | **Get in touch** | **Clinic locations** |
| Ieso Digital Health | One-to-one online therapy service using written (typed) conversation. | 🕿 01954 230 066  🖮 [www.iesohealth.com/surrey](http://www.iesohealth.com/surrey)  🖂 [info@iesohealth.com](mailto:info@iesohealth.com) | Online. Appointments available at a time to suit you, including evenings and weekends. You will need internet access and a tablet, PC or smartphone. |
| Healthy Minds | Complementary workshops, face-to-face consultations and over the telephone, or a combination of both. | 🕿 01483 698 986  🖂 [healthyminds.surrey@nhs.net](mailto:healthyminds.surrey@nhs.net) | Chertsey - Monday  Stanwell – Monday, Thursday & Friday  Walton – Thursday and Friday  Weybridge – Monday to Friday  Woking – Monday to Friday |
| Mind Matters | Workshops, face-to-face, telephone and online therapy sessions. | 🕿 0300 330 5450  🖮 [www.mindmattersnhs.co.uk](http://www.mindmattersnhs.co.uk)  🖂 [RXX.surreyIAPT-referrals@nhs.net](mailto:RXX.surreyIAPT-referrals@nhs.net) | Chertsey, Cobham, Weybridge and Woking |
| Talking Therapies Surrey Online | Online therapy service offering support 24/7 at a time that suits you. | 🕿 0300 365 2000  🖮 [www.berkshirehealthcare.nhs.uk/surreyonline](http://www.berkshirehealthcare.nhs.uk/surreyonline)  🖂 [bks-tr.surreytalkingtherapies@nhs.net](mailto:bks-tr.surreytalkingtherapies@nhs.net) | Online. Support you need from the comfort of your own home or whilst out and about. You will need internet access and a tablet, PC or smartphone. |
| Thinkaction | Face-to-face, group, one-to-one and telephone therapy sessions. | 🕿 01483 746 900  🖂 [surreyptp@addaction.org.uk](mailto:surreyptp@addaction.org.uk) | Sheerwater, Staines, Weybridge and Woking |

If you need help choosing a provider, you can ring First Steps on 0808 801 0325 or visit [www.firststeps-surrey.nhs.uk](http://www.firststeps-surrey.nhs.uk)