**Thinkaction**

Thinkaction provide services face-to-face, in groups, one-to-one sessions and on the telephone.

**Telephone:** 01483 746900

**Email:** surreyptp@addaction.org.uk

**Location:** Woking, Sheerwater, Weybridge and Staines

**Mind Matters Surrey**

This service offers free workshops, face-to-face, telephone and online therapy sessions for anyone experiencing low mood, stress or anxiety.



**Telephone:** 0300 330 5450

**Email:** RXX.surreyIAPT-referrals@nhs.net

**www.mindmattersnhs.co.uk**

**Location:** Chertsey, Cobham, Epsom and Weybridge and Woking

Feeling anxious, stressed or depressed

Need someone to talk to?



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**You are not alone**

North West Surrey Psychological Therapies Service provides **FREE confidential advice** and **support** to anyone who may be feeling under pressure, anxious, depressed, or just needs someone to talk to.

The service offers a **range of therapies** in a sensitive and caring environment for those aged 18 years and over who are registered with a GP in North West Surrey:

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

**Help is just a phone call away**

Contact one of these services for a confidential chat about what they offer and how the support available can help you. You can ask your GP to refer you or you can contact one of these services directly.

**Ieso Digital Health - Online therapy service**

Ieso Digital Health offers a one-to-one online therapy service. Cognitive Behavioural Therapy (CBT) is delivered in real time using written (typed) conversation.

Appointments are available at a time to suit you, including evenings and weekends. You will need to be able to connect to the internet using a PC, tablet or smartphone, to use this service.

**Telephone:** 01954 230066

**Email:** info@iesohealth.com

**To self-refer visit:** [www.iesohealth.com/surrey](file:///C%3A%5CUsers%5Ci.hammond%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CINetCache%5CContent.Outlook%5CV9ZV26B6%5Cwww.iesohealth.com%5Csurrey)

**Healthy Minds**

Healthy Minds offers CBT, providing support through complementary workshops, face to face consultations and over the telephone, or a combination of both. Face to face sessions are held in:

* Stanwell on Monday, Thursday and Friday
* Weybridge and Woking from Monday to Friday
* Walton on Thursdays and Fridays
* Chertsey on Monday

**Self-referral line:** 01483 698986

**Telephone:** 01483 846256

**Email:** healthyminds.surrey@nhs.net