

# If you are finding it difficult to cope, we can help.



Each year **one in four** of us will experience a mental health problem. **You are not alone.**



**East Surrey**  
Clinical Commissioning Group

If you are over 18 and registered with a GP in the East Surrey Clinical Commissioning Group area – which includes Tandridge, Redhill and Reigate, you can access free help and support directly.

### **Who can help me?**

There is a range of options available and you don't necessarily have to see your GP. We have introduced self-referral for psychological therapy – so you can book appointments direct with a therapist.

### **What treatments are available?**

There are four available services which look at each person's individual needs and offer the type of care likely to help the most with a range of conditions, including, for example, depression, panic attacks, OCD and phobias. You can contact one of these organisations directly and ask for a free appointment on the NHS.



## DHC (Dorking Healthcare)

**Locations\*:** Holmhurst Medical Centre (Redhill/Merstham) • Caterham Valley Medical Practice • Smallfield Surgery  
• Age Concern at Merstham

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**Tel: 01306 735 459**

**[www.dhcclinical.com/iapt.php](http://www.dhcclinical.com/iapt.php)**



## Ieso digital Health

**Telephone and online service:**

• One-to-one cognitive behavioural therapy in real time using typed conversation over secure internet connection

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**Tel: 01954 230 066**

**[www.iesohealth.com/surrey](http://www.iesohealth.com/surrey)**



## Mind Matters

**Locations\*:** Redhill • Oxted • Caterham  
• Reigate • Dorking • Epsom

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**Tel: 0300 330 5450**

**[www.mindmattersnhs.co.uk](http://www.mindmattersnhs.co.uk)**



## Think Action

**Locations\*:** Reigate, Redhill, Caterham, Oxted

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**Tel: 01737 225 370**

**Text TALK to 82085**

**[www.thinkaction.org.uk](http://www.thinkaction.org.uk)**

*\*Telephone or see the website for opening hours*