



**Talking  
Therapies  
Service**

Help and support for people with anxiety, stress, depression and other mental health concerns

Surrey and Borders Partnership  
NHS Foundation Trust

## Contact Mind Matters

Our trained staff are available during office hours: Mon - Fri 8:30am - 5:30pm

- Tel: 0300 330 5450
- Text: 07786 202 566
- Email: [Mindmatters.Surrey@sabp.nhs.uk](mailto:Mindmatters.Surrey@sabp.nhs.uk)
- Post: Mind Matters, Unither House, Curfew Bell Road, Chertsey KT16 9TF
- Self-refer online at:  
[www.mindmattersnhs.co.uk](http://www.mindmattersnhs.co.uk)

 [facebook.com/mindmatterssabp](https://facebook.com/mindmatterssabp)

 @MindMattersSABP

## Surrey and Borders Partnership NHS Foundation Trust

18 Mole Business Park, Leatherhead,  
Surrey KT22 7AD

Tel: 0300 55 55 222

Textphone: 020 8964 6326

[www.sabp.nhs.uk](http://www.sabp.nhs.uk)

 @sabpnhs  [facebook.com/sabpnhs](https://facebook.com/sabpnhs)

If you would like this information in another format or another language, please ring 01372 216285 or email: [leaflets@sabp.nhs.uk](mailto:leaflets@sabp.nhs.uk)

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## Getting help in a crisis

If you are experiencing a mental health crisis you should see your GP as soon as possible. In addition the following resources may be helpful:

### NHS 111

Open 24 hours a day, 7 days a week  
[www.nhs.uk](http://www.nhs.uk)

### Surrey and Borders Mental Health Crisis Line

Open 24 hours a day, 7 days a week.

Call: 0800 915 4644

Text: 07717 989024

Textphone calls for people with speech or hearing difficulties are supported through the Next Generation Text Service by calling 18001 0800 915 4644.

### Safe Havens

Evening and weekend drop ins. For locations and visiting times visit:

[www.sabp.nhs.uk/safehaven](http://www.sabp.nhs.uk/safehaven)

### The Samaritans

Tel: 116 123 (anytime)

[www.samaritans.org](http://www.samaritans.org)



## Welcome to the Surrey and Borders Mind Matters NHS Surrey service

We provide talking therapies to people in Surrey who are experiencing mild to moderate mental ill-health including:

- Anxiety and stress
- Excessive worry
- Panic attacks
- Depression, including pre and post natal depression
- Obsessive compulsive disorder
- Health anxiety
- Social phobias
- Post-traumatic stress disorder

Our trained and experienced therapists will assess you and help you to find the most appropriate treatment plan to help you overcome your difficulties.



## How do I get help?

We accept referrals from individuals aged 17+ who are registered with a Surrey GP.

You can self refer via our online referral portal:

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

You can also ask your GP to refer you to us, or alternatively call us on 0300 330 5450 to request a paper or e-mail copy of our referral form..



## SilverCloud

People using our service also get access to SilverCloud, which is a secure platform allowing you immediate access to online CBT programs, tailored to your specific needs.

The programmes consist of modules that you can complete at your own pace.

- Easy to use
- Flexible
- Interactive
- Access to SilverClouds vast library of tools and information for 1 year.

## What sort of treatment will I have?

Mind Matters NHS is an IAPT Talking Therapies Service. We offer Cognitive Behaviour Therapy (CBT), Counselling and Guided Self Help.

We offer a variety of different treatment options including:

- Silver Cloud: Digital online therapy at a time to suit you with or without the guide of a trained clinician
- One-to-one, face-to-face, telephone or video treatment sessions
- Groups and workshops delivered face-to-face and via video
- Guided Self Help with your own therapist offering materials to read and work through at a time to suit you
- Bereavement support for unresolved grief and loss
- Employment support and local signposting through our partner organisations

All our treatments have a clear evidence base highlighting their effectiveness and are recommended by the National Institute for Health and Clinical Excellence.