




Services: Cognitive Behavioural Therapy (CBT) based guided self-help, usually through individual face-to-face sessions. Support for a range of difficulties including anxiety, depression, stress, anger and sleep difficulties.

Location: Guildford, Cranleigh, Haslemere

 **Office: 01483 846256**

Self Referral: 01483 698986

 **healthyminds.surrey@nhs.net**

 **www.virginicare.co.uk**

Services available to people registered with all 21 GP surgeries in the Guildford and Waverley area.



**Guildford and Waverley
Clinical Commissioning Group**

Anxiety, stress, or depression?

**Refer yourself for
Psychological Therapy.**

Choose a provider listed overleaf who help people aged 18 and over with mild to severe mental health conditions.

**Services are free
on the NHS**

 www.guildfordandwaverleyccg.nhs.uk
 [@NHSGWCCG](https://twitter.com/NHSGWCCG)
 [NhsGuildfordAndWaverleyCcg](https://www.facebook.com/NhsGuildfordAndWaverleyCcg)



Centre for Psychology

Services: One-to-one therapy, mindfulness group sessions and supportive workshops.

Location: Guildford



01483 901429 **Text: 07940 768654**



guildford@centreforpsychology.co.uk



www.centreforpsychology.co.uk



Mental Health Services

Services: A wide range of evidence based psychological therapies offered via face-to-face individual sessions, telephone appointments and educational courses.

Location: Guildford



01483 746900



surreyptp@kca.org.uk



www.kcamentaltheservices.org.uk

Surrey and Borders Partnership 
NHS Foundation Trust

Services: Face-to-face and telephone interventions to individuals and groups with mild to severe mental ill-health.

Location: Guildford, Godalming, Chiddingfold



0300 330 5450



www.sabp.nhs.uk/iapt/surrey



Services: Live, one-to-one Cognitive Behavioural Therapy (CBT) over the internet.

Location: You only need a computer, tablet or smartphone and a quiet place to access this service.



01954 230066



www.iesohealth.com/surrey

