Community Connections Surrey



Supporting your mental health

Community Connections Surrey - Who We Are, What We Do

We're three lead providers offering services that support adults with their mental health and emotional wellbeing across Surrey. We provide individual support, advice and information about community activities. To access our free services, you can self-refer or be referred to us by your GP, other health professional or organisation. To register or find out more, visit the <u>Community Connections Surrey website</u> or contact one of the providers directly.

FUNDERS



SERVICE



PROVIDERS



LOCATIONS



Surrey County Council and Surrey Heartlands funds and commissions mental health services in Surrey – this is how Community Connections Surrey was created

Community Connections Surrey provides mental health support for adults (16+) in Surrey

Three lead providers represent Community Connections across Surrey* Each provider covers different areas across Surrey. To find your closest, see below;

Guildford & WaverleyWoking

Surrey Heath
 West Elmbridge

SpelthorneRunnymede







www. community connections surrey. com

www.catalystsupport.org.uk
www.maryfrancestrust.org.uk
www.richmondfellowship.org.uk

Community Connections Surrey



Supporting your mental health

All providers offer (online and some face-to-face):

- Individual support and goal setting
- Physical wellbeing classes and activities
- Self-help and peer support groups
 - Self-development courses
 - Emotional development
- Social cafés and community groups
 - Interest groups
 - Skills Training
 - Volunteering opportunities







- Mole Valley Epsom & Ewell
- BansteadEast Elmbridge



- Re
 - RedhillReigateTandridge
 - Horley Smallfield Salfords

*Catalyst and Richmond Fellowship also sub-contract some of their funding to Community partners who all deliver mental health and wellbeing support for Community Connections Surrey.



All online groups and activities are also listed on the **Surrey Virtual Wellbeing Hub:**

www.healthysurrey.org.uk/mental-wellbeing/adults/virtual