



Individual support and goal setting

Physical wellbeing classes and activities

Self-development courses

Interest groups

Self-help and peer support groups

Social cafés and community groups

Volunteering opportunities

Online support



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*Community Connections has helped build my confidence*

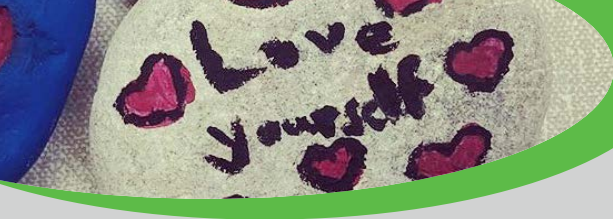


We accept self-referrals, GP and other organisation referrals

For working age adults, 16+ who would like to improve their mental health and wellbeing

One service delivered by 3 main providers across Surrey:





# Mental health support in your community

Community Connections is delivered by 3 main providers across Surrey. We offer a range of support, reactive to local need. Find your closest provider:

Provider	Areas Covered	Get in touch
	<p>Guildford, Waverley, Farnham, Surrey Heath, Spelthorne, Runnymede, Woking &amp; Elmbridge (West)</p>	<p>TEL: 01483 590150            TEXT: 07909 631623            E: <a href="mailto:info@catalystsupport.org.uk">info@catalystsupport.org.uk</a>            W: <a href="http://www.catalystsupport.org.uk">www.catalystsupport.org.uk</a></p>
	<p>Mole Valley, Epsom &amp; Ewell, Banstead &amp; Elmbridge (East)</p>	<p>TEL: 01372 375400            TEXT: 07929 024722            E: <a href="mailto:info@maryfrancestrust.org.uk">info@maryfrancestrust.org.uk</a>            W: <a href="http://www.maryfrancestrust.org.uk">www.maryfrancestrust.org.uk</a></p>
	<p>Reigate, Redhill &amp; Tandridge</p>	<p>TEL: 01737 771282            TEXT: 07770 890245            E: <a href="mailto:redhillcc@richmondfellowship.org.uk">redhillcc@richmondfellowship.org.uk</a>            W: <a href="http://www.richmondfellowship.org.uk">www.richmondfellowship.org.uk</a></p>



*"A lifeline provided by no other service, competent, caring, cheerful staff. Prompt response in times of crisis, champions of best interest of their clients."*

To register and book for online support and activities, please visit:

[www.healthysurrey.org.uk/mental-wellbeing/](http://www.healthysurrey.org.uk/mental-wellbeing/)



Funded by Clinical Commissioning Groups and Surrey County Council