



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

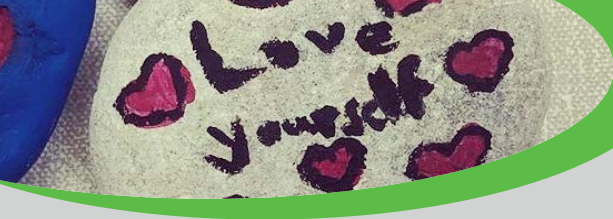


We accept self-referrals, GP and other organisation referrals

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

One service delivered by 3 main providers across Surrey:

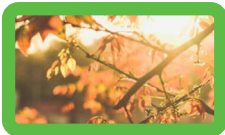




Mental health support in your community

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 & Elmbridge (West)</p>	<p>TEL: 01483 590150 TEXT: 07919 541424 E: info@catalystsupport.org.uk W: www.catalystsupport.org.uk</p>
	<p>Mole Valley, Epsom & Ewell, Banstead & Elmbridge (East)</p>	<p>TEL: 01372 375400 TEXT: 07929 024722 E: info@maryfrancestrust.org.uk W: www.maryfrancestrust.org.uk</p>
	<p>Reigate, Redhill & Tandridge</p>	<p>TEL: 01737 771282 TEXT: 07393 797846 E: redhillcc@richmondfellowship.org.uk W: www.richmondfellowship.org.uk</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/



Funded by Clinical Commissioning Groups and Surrey County Council