



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*

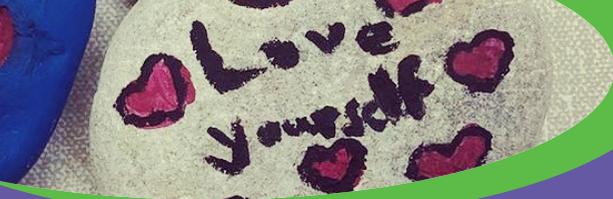


We accept self-referrals, GP and other organisation referrals

For 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
	Guildford, Waverley, Farnham, Surrey Heath, Spelthorne, Runnymede, Woking & Elmbridge (West)	TEL: 01483 590150 TEXT: 07919 541424 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>
	Mole Valley, Epsom & Ewell, Banstead & Elmbridge (East)	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>
	Redhill, Reigate, Tandridge, Horley, Smallfield, Salfords	TEL: 01737 771282 TEXT: 07393 797846 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>



*"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/)



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