

Thinkaction - Mums in Mind Group

This is a FREE and confidential structured 6 week programme run by an experienced Cognitive Behavioural Therapist (CBT) for new mums to share their experiences (*Limited crèche available*). Thinkaction also provide services face-to-face in groups, one-to-one sessions and on the telephone.

Telephone: 01483 746900

Email: surreyptp@addaction.org.uk

Location: Woking, Sheerwater, Weybridge, Staines

Mind Matters Surrey - Mothering Perspectives Group

This group offers weekly sessions for expectant and new mothers to talk about their experiences of pregnancy, birth and early motherhood (*limited free crèche facilities are available*). This service also offers free face-to-face, telephone and online therapy sessions for anyone experiencing low mood, stress or anxiety.

Telephone: 0300 330 5450

Email: RXX.surreylAPT-referrals@nhs.net

www.mindmattersnhs.co.uk

Location: Epsom and Weybridge



Anxious, stressed or have feelings of postnatal depression

Need someone to talk to?



You are not alone

North West Surrey Psychological Therapies Service provides **FREE confidential advice** and **support** to expectant mums, new mums and their partners who may be feeling under pressure, anxious, depressed, or just need someone to talk to.

The service offers a **range of therapies** in a sensitive and caring environment for those aged 18 years and over who are registered with a GP in North West Surrey:



- Spelthorne
- Runnymede
- West Elmbridge (Walton, Weybridge, Hersham)
- Woking

Help is just a phone call away

Contact one of these services for a confidential chat about what they offer and how the support available can help you. You can ask your GP to refer you or you can contact one of these services directly.

Ieso Digital Health - Online therapy service

Ieso Digital Health offers a discreet one-to-one online therapy service. Cognitive Behavioural Therapy (CBT) is delivered in real time using written (typed) conversation. Appointments are available at a time to suit you, including evenings and weekends. You will need to be able to connect to the internet using a PC, tablet or smartphone, to use this service.

Telephone: 01954 230066

Email: info@iesohealth.com

To self-refer visit: www.iesohealth.com/surrey

Healthy Minds

Healthy Minds offers CBT providing support through complementary workshops, face to face consultations and over the telephone, or a combination of both. Face to face sessions are held in:

- Stanwell on Monday Thursday and Friday
- Weybridge and Woking from Monday to Friday
- Walton on Thursdays and Fridays
- Chertsey on Monday

Self-referral line: 01483 698986

Telephone: 01483 846256

Email: healthyminds.surrey@nhs.net
