



# We are open

**NHS**

Surrey and Borders  
Partnership  
NHS Foundation Trust

Are you struggling during the COVID-19 outbreak?

We offer free NHS talking therapies for those who are experiencing anxiety, stress or low mood

We are operating our normal opening hours and offering phone, skype & online treatments

We have developed NEW courses, specifically for those affected by COVID-19

Our COVID-19 specific treatments include: one-off workshop, 5-week group and online digital therapy

We are currently offering priority appointments to NHS staff and those working in care professional roles including admin staff

We are offering a group to help those who have experienced a recent bereavement

To find out more about our treatments or to self-refer, visit [www.mindmattersnhs.co.uk](http://www.mindmattersnhs.co.uk) or call **0300 330 5450**

If you are experiencing a mental health crisis, please phone the Mental Health Crisis Line number which is available 24 hours a day  
**(0800 915 4644)**

mind  
matters  
surrey