



mind
matters
surrey



Surrey and Borders
Partnership
NHS Foundation Trust





Mind Matters is an NHS Talking Therapies Service offering free therapy to adults aged 17yrs+ registered with a GP in Surrey & Surrey Heath. There is no upper age limit.

The services offer short-term NICE-approved psychological therapies for a range of common mental health problems.

Talking therapies are effective and confidential treatments delivered by fully-trained and accredited NHS practitioners.

We also have specialist therapists to help people who have a long-term physical health condition that is affecting their mental wellbeing.



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Difficulties that we can help with

- GAD (Generalised Anxiety Disorder)
- Depression and low mood
- Panic
- Phobias
- Social anxiety
- OCD (Obsessive Compulsive Disorder)
- Low self-esteem
- Trauma / Post-Traumatic Stress Disorder
- Health anxiety
- Long term physical health conditions
- BDD (Body Dysmorphic Disorder)
- Challenging times
- Stress

Mind Matters Surrey work closely with **community connection providers and partners.**



Recovery College

Perinatal Mental Health Service



AEDimhs
Adult Eating Disorder
Integrated Mental
Health Service



GPimhs: GP Integrated Mental Health Service

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What we offer

Intervention type	Avg. Waiting Time	Description
Triage Assessment (Telephone)	1-2 weeks	Initial conversation with a Psychological Wellbeing Practitioner / Trainee under Supervision
Low Intensity		
Computerised CBT	1-2 weeks	SilverCloud platform - Interactive, online self-help courses
Guided Self-Help (GSH)	5-7 weeks	Workbook or computer course with the support of a therapist
High Intensity		
Cognitive Behavioural Therapy (CBT)	8-10 weeks	Psycho-social intervention that aims to reduce symptoms of various mental health conditions
Counselling	9-11 weeks	Person-centred experiential therapy
Eye Movement Desensitisation & Reprocessing (EMDR)	16-18 weeks	A form of psychotherapy, recommended for post-traumatic stress disorder

What we offer: One-to-one therapy

- Guided Self-Help
- SilverCloud Online CBT
- Cognitive Behavioural Therapy (CBT)
- Counselling for Depression
- Couples' Therapy for Depression
- Eye Movement Desensitisation and Reprocessing (EMDR)

What we offer:

Groups


- Improving wellbeing
- Boost your mood and motivation
- Improving low self-esteem
- Tackling worry and anxiety
- Managing stress healthily
- Managing anger healthily
- Mothers' wellbeing
- Managing wellbeing in perimenopause and menopause
- Grief and loss
- Counselling for depression
- Living with a long-term health condition

What we offer: Your customers

- Living with a long-term health condition
 - ✓ LTC course focused on strategies for managing wellbeing alongside a physical health condition
 - ✓ 1:1 guided-self help with an LTC-trained practitioner
 - ✓ 1:1 sessions with a cognitive behavioural therapist
- Parents
 - ✓ Mothers' wellbeing course
 - ✓ Managing stress healthily course

What we offer: Your customers

- Menopausal/perimenopausal women
 - ✓ Managing wellbeing in menopause course
 - ✓ Boost mood and motivation course
 - ✓ Tackling anxiety and worry course
 - ✓ Counselling for depression
- Older people
 - ✓ Sessions by phone or in person
 - ✓ Self-referrals online or by phone, or through the GP
 - ✓ Priority for people aged 75+



Sometimes Talking Therapies Surrey may not be the best service to offer support and we may recommend accessing support with an alternative service.

Some of the reasons another service may be recommended are:

- If you are under 17 years old or registered with GP outside of Surrey.
- You are looking for specialist support for a diagnosis or symptoms of bi-polar, personality disorders, eating disorders, or psychosis.
- You are receiving therapy from another mental health service, such as the Community Mental Health Recovery Service (CMHRS).
- If you would benefit from urgent support or long-term therapy.

Referral process

We accept referrals from GPs in Surrey (covering GPs in the Surrey Heartlands and Surrey Heath CCG areas) and other professionals who are supporting a person registered with a GP in Surrey. <https://www.mindmattersnhs.co.uk/professionals/make-referral>


Self-referrals: Simply click on the 'Refer Yourself' box on the website and our friendly chat box Limbic will ask you some questions to help us assess your needs before we contact you. You will also find an option to complete a referral form if you would prefer to do this.

If you have any questions about the self referral process, please call us.

NHS
Surrey
Talking Therapies

Mind Matters Surrey NHS

 Urgent help →

 Refer yourself →

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Contact details

**Mind Matters Surrey NHS, part of Surrey & Borders
Partnership NHS Foundation Trust**

Tel: 0300 330 5450

<https://www.mindmattersnhs.co.uk/contact-us>

General enquiries:

mindmatters.surrey@sabp.nhs.uk

Referrals: rxx.mindmatters-surrey@nhs.net

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surrey

Contact details

Laura Smith

laura.smith2@sabp.nhs.uk

Marianna Di donato

marianna.didonato@sabp.nhs.uk

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