

Psychological Therapy and Support

Are you feeling stressed, anxious, depressed or have low mood? Would you like to talk to a trained professional? You may want to consider contacting your local northwest Surrey psychological therapies service.

This direct access service is open to all patients registered with a GP practice in the NHS Northwest Surrey Clinical Commissioning Group area. This is open to people aged 18 and over (there is no upper age limit):

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

After your needs are assessed you will be offered the most appropriate care, which may include a short course of counselling to help you manage your current needs including:

- generalised anxiety and stress related problems,
- panic attacks,
- depression, including pre and postnatal depression,
- Obsessive Compulsive Disorder (OCD), and
- phobias

Services (paid for by the NHS) are available from a number of local organisations:

- Ieso Digital Health
- KCA
- Surrey & Borders Partnership NHS Foundation Trust
- Virgin Care Healthy Minds

You can access this support through a range of therapy options, including online. Turn over for more details on each provider.

For more information visit www.nwsurreyccg.nhs.uk/Your-health or ring the Referral Support Service on 01372 201544 to discuss provider options.

Ieso Digital Health

Telephone: 01954 230066

Email: referrals@iesohealth.com

Offer live, online therapist-led Cognitive Behavioural Therapy (CBT) over the internet. Offers ease of access, flexibility and convenience: therapy is accessible from anywhere with an internet connection at any time. All that is required is a computer and a quiet place to access the service.

All work is carried out by experienced, BABCP-accredited Cognitive Behavioural Therapists.

KCA

Telephone: 01483 746900

Email: surreyptp@kca.org.uk

Provide therapy at KCA service centres and a range of community locations and GP surgeries with services from 8.00am to 8.00pm and at weekends

Individual sessions (30 min per session) of Guided Self Help based on Cognitive Behavioural Therapy (CBT) which can be offered via the telephone or face-to-face. Patients also have the opportunity to attend psycho-educational groups, individual and group sessions of CBT, or individual counselling.

Surrey & Borders Partnership NHS Foundation Trust

Telephone: 01932 266901

Email: iapt@sabp.nhs.uk

Offer range of low and high-intensity face-to-face and telephone therapy to individuals and groups. Therapy is available in a range of locations including Woking, Walton on Thames and Chertsey. Evening appointments are available in Walton and some Saturday therapy is available in Chertsey. Also on offer is video therapy over a secure internet connection, The Big White Wall, for ease and convenience.

Virgin Care Healthy Minds

Telephone: 01483 846256

Email: healthyminds.surrey@nhs.net

Offer a range of interventions to individuals with mild to moderate mental health conditions. Offer all patients individual face-to-face treatments complemented by a range of optional workshops. Telephone and email treatment is also available at the patient's request. As well as anxiety, depression and stress, on offer is treatment for anger and insomnia if these are the result of an underlying health condition as well as mild to moderate OCD.