

Talking Mental Health



Independent Mental
Health Network
Surrey & NE Hants

Autumn Newsletter



Forum of Carers and people
who Use our Services

Welcome to the joint Newsletter for
Independent Mental Health Network (IMHN)
and
Forum of Carers and People who Use SaBP NHS Services (FoCUS)

What we do

Engaging with service users and carers to hear their experiences of using Adult mental health services. We provide a voice for people in Surrey and North East Hampshire on the mental health topics that matter to them.

Hearing directly from people who use services really helps to highlight the challenges people face and has helped to make improvements. We regularly share and contribute at decision making meetings to help people that will require the services in the future.

Both IMHN and FoCUS have a network of individuals who have experienced mental ill-health, as well as carers. Together, they collaborate with the NHS and social care service providers to improve mental health care in Surrey and North East Hampshire. Their collective efforts aim to enhance services, advocate for better support, and create positive change.

FoCUS is 'focussed' on the people and topics about Surrey and Borders Partnership NHS Foundation Trust adult services.

IMHN looks at the wider Mental health network; working closely with Surrey Heartlands, NHS Frimley ICB. Suicide Prevention Strategy and Surrey County Council.

WE WANT TO HEAR YOUR EXPERIENCES

Registered Charity Number:1206289

Company Limited by Guarantee, number 3298760.

Shape mental health and SABP services across Surrey and North East Hampshire from your lived experience.

“FoCUS feels like you are being heard by people who care.”
- FoCUS Member



Join and become a member for free!



Work with others to improve support and care in your community



Have your voice heard – improve services together

SCAN ME



Updates

New IMHN logo!

Introducing the new logo for the Independent Mental Health Network Surrey & NE Hants (IMHN).

Our team have been working with Jasmine, the Digital Communications Coordinator at The Coalition to refresh our logo. We wanted to keep the same speech bubble style as our previous logo but with a more modern look through colour and font.



**Independent Mental
Health Network
Surrey & NE Hants**

New donation options on website

DONATE 

Now that we are a registered charity, you or one of your family members can help us by signing up to regularly donate by direct debit to the Surrey Coalition of Disabled People.

We know that not everybody will be able to help, however, no matter how big or small your donation is, it will help us to continue providing free services for our members to benefit from.

[Donate here](#)

Save the Date! Thursday 27th November 2025

Join us for the launch of our brand new shiny 3-year charity strategy. It'll be an opportunity to get everyone together to learn more about the future of the charity, hear interesting talks and get involved in some fun workshops. And we'll treat you to lunch!

More details coming soon but please put the date in your diary for now.

Updates

Contribute towards The Coalition's new strategy!

In September, Surrey Coalition of Disabled People are working on our next 3-year strategy to guide the development of the charity and our work and want to shape it together with the people we serve and work with. Your views matter, and your thoughts will help us decide what we focus on going forward between now and the end of 2028.

If you would like to share your thoughts with us please fill in one of the surveys below, they should take about 10 minutes. There is a survey for members and people who have used one of our services, as well as one for professionals who work regularly with the Coalition. The surveys are open throughout September.

Strategy survey for members: [Survey](#).

Strategy survey for professionals who work with the Coalition: [Survey](#).

Surrey Coalition of Disabled
People 3 Year Strategy



Surrey Coalition 3 Year Strategy
Survey for Partner Organisations



New chair and vice chair of IMHN

We're excited to announce the new IMHN chair, Jacob and Vice Chair Danny.

Jacob - Chair of IMHN

Hi! I'm Jacob, the new Chair of the IMHN.

I've been involved with the IMHN for a little while now, most recently as Vice-Chair. I'm really excited about stepping into the role of Chair for the coming year – and having the opportunity to work with such an amazingly diverse and talented group of people!

My own journey includes 15 years of using mental health services here in Surrey. I've experienced many of the frustrations first-hand: support not being there when it's needed and, when it is, not always being heard, involved or kept informed. I've also seen and experienced examples of excellent care and, more often than not, these were achieved through coproduction.



Involving people with lived experience in making the decisions that affect us isn't just the right thing to do – it gives us more effective services that are easier to access, and better outcomes when we need to use them. That's why I love Surrey Coalition! It's not just about our vision of a fairer world, but also the collaborative and values-led way we work towards it.

A bit more about me...

I work in inclusion and community engagement for a mental health charity, where I recently finished my Peer Support Worker training. I'm also a Governor in the NHS and a charity volunteer and trustee. Away from work, I love theatre and music (I play the piano – badly! – and I sing), and travelling to new and interesting places, exploring them through art, language and, of course, food!

A few last words...

I'd love to hear your thoughts on how we can work with mental health services and continue to develop the IMHN – please feel free to drop me a line via Guy (IMHN Coordinator) 😊

We can't change everything, and progress may not always come as quickly as we'd like – believe me, I know how difficult that can feel! But by sharing our experiences, listening to others' perspectives and working together to find the best ways to apply them, I'm confident we can continue to grow our Network and amplify lived experience voices in Surrey and North East Hampshire.



Danny - Vice chair of IMHN

My name is Danny and I live in East Surrey with my wife Sarah whom I married 6 years ago and our chocolate fur baby fudge.

When I was born back in 1976, I contracted Meningitis, and I spent the first year of my life in hospital, I was fitted with a shunt when I was a baby which helps drain excess fluid off my brain.

In August 2021, whilst I was at work, I had a fall, and despite nothing major happening until 27th December I thought I was ok, then on 27th December, Sarah noticed I was sleeping a lot more than usual (I had been falling asleep at the dinner table on Christmas Day), she contacted 111 who advised her to get me to A&E, where they found nothing wrong with me and was going to discharge me, then a couple of days later I collapsed on the ward and I was then blue lit from East Surrey Hospital to St George's Hospital where I was then rushed into Theatre, and I spent 9.5 weeks in hospital.

I was discharged from hospital in March 2022, and I decided to set up a group on Facebook called Meningitis Matters to try and help others like me, I then ended up back in hospital in December 2022 and only spent 48 hours in there.

Then in September last year I was diagnosed with Autism and ADHD, and so now trying to come to terms with that, I started taking ADHD medication today.



I am looking forward to being the Vice Chair for the IMHN, as I'd like to help others who are in the situation as myself, and I hope to bring a lot more positivity and clarity into the role, I'm also doing this to help myself become more aware and confident.

David's sponsored swim

A huge congratulations to David Muir, IMHN member, who completed his sponsored swim challenge on 29th August at Camberley Leisure Centre. David is hoping to raise a total of £150 to be split between Surrey Coalition of Disabled People and Third Hand Care.

Please contact Guy if you would like to donate, it's not too late!

David is already planning his next sponsored fundraising swimming event next May! Thank you so much David!

Has David's sponsored swim inspired you to do a sponsored activity for Surrey Coalition of Disabled People? If so, get in contact with Guy.



Godalming Staycation Wellbeing Accessible Karate

Les Bubka the karate instructor, made everyone feel welcome and made sure that we all had a good time, were included and really enjoyed the class.

One comment afterwards was 'It made me want to take up Karate'.

This wellbeing events project is generously funded by The National Lottery Community Fund.



Surrey Hills Wellfest 27th June

This event was held at Devere Horsley Place Hotel grounds, the Coalition and IMHN stand was manned by Guy, Immy and IMHN member David Muir. Other third sector groups were there including Luminus/Healthwatch Surrey, Andy's Man Club and Mentell. There was a huge variety of stands including aerial/pole dancing, the Rock choir and Beating Hearts Merrow (who gave Immy a lesson on giving CPR and using a defibrillator) to name a few.

We were kept fairly busy and able to promote the work of the Coalition and IMHN, talking to lots of different people and we gave out plenty of leaflets. Thankfully it stayed dry for most of the day.

Share your experience as a service user

The IMHN is continuing to record people's experience as a service user or as a carer using mental health services today. If you or you know of someone who might be interested then please ask them to contact the IMHN Coordinator Guy Hill. Email: guy.hill@surreycoalition.org.uk SMS: 07305 009869



Silverwood

Lived Experience Group

Silverwood has now been open for 6 months, which has given time for teams to settle into their new ways of working, and has allowed us time to understand whether the building is functioning as it should do, and fix some of the initial teething issues.

This final meeting will be an update on what's been happening these past 6 months and include a look to the future for Silverwood. It will also be an opportunity to reflect on what's been achieved, share how feedback has influenced the project, and offer space for people to talk about their involvement and its impact. Finally, we will close off with how you can be involved in future opportunities for co-production with meaningful ways to share your lived experience.



Silverwood: Reflections and Next Steps

The original team behind the design and build of Silverwood Mental Health Inpatient Service has now wrapped up their work, with the building officially handed over to the operations team. With that milestone reached, attention is turning to how Silverwood is working for the people it was built to support.

In May, Wendy from our Coalition Mental Health team visited the wards to hear directly from patients about their experiences. The overall feedback on the building itself was encouraging - people spoke positively about the bedrooms, appreciating their spaciousness, ample storage, fresh air from the windows, and individual temperature controls.

The open-plan lounge and dining areas were well received by most, although a few people said the space felt a little too open, leaving them feeling exposed at times. The ward gardens got positive reviews, and those who had used the sensory suite said it was a real help.

However, some issues were raised—particularly around the availability of therapeutic activities. At the time of the visit, there were staff shortages in the therapies department, meaning limited opportunities for hospital residents. New staff have since joined the team, and more activities should now be available.

Several people spoken to didn't know about the on-site gym, music room, art therapy room, or multi-faith room—and expressed frustration that they hadn't had the chance to use them.

Wendy was also involved in co-chairing the Lived Experience Group, which met regularly throughout the project to involve service users in shaping Silverwood's design. The final meeting of this group is now being planned for 30th September, to reflect on what's been achieved, share how feedback has influenced the project, and offer space for people to talk about their involvement and its impact.



Share your experiences of Surrey and Borders Partnership

Come to a meeting, share your experiences, talk with other carers and people who use Surrey and Borders Partnership (SABP) NHS Mental Health Services.

October Community FoCUS Local area groups

SW Community FoCUS

When: Wednesday 1st October

Time: 1pm - 2.30pm

**Where: Guildford Baptist Church
and Online (zoom)**

NW Community FoCUS

When: Monday 6th October

Time: 1pm - 2.30pm

**Where: Chertsey Halls
and Online (zoom)**

W & NEH Community FoCUS

When: Thursday 2nd October

Time: 1pm - 2.30pm

Where: Online (zoom)

E+M Community FoCUS

When: Thursday 8th October

Time: 1pm - 2.30pm

Where: Online (zoom)



December Festive FoCUS



Surrey Wide Festive FoCUS Social



When: Tuesday 9th December

Time: 12.30pm - 2.30pm

Where: SABP HQ Leatherhead

Surrey Wide Online Drop-in

**Share your experiences,
want to chat or need signposting**

When: Thursday 4th December

Time: 1pm - 2pm

Where: Online (zoom)

For more information, agendas, Zoom invites or transport requests
contact Lucy - lucy@lf-solutions.co.uk

Your Voice Matters – Join Our Forums

Living with mental health challenges, or supporting someone who does, can sometimes feel isolating. But your experiences are powerful - and they can help shape better care for everyone.

In Surrey and North East Hampshire, we run forums where people using mental health services, their families, and carers can come together. These forums are a safe and supportive space to share your lived experience, connect with others who understand, and give feedback on what is working well and what needs to change.

By joining, you're not only helping yourself feel more connected - you're also playing a vital part in improving services for the whole community. Every story matters, and your insight could help shape future mental health support in our area.

We'd love to hear your voice. Whether you want to share your journey, listen to others, or contribute ideas for change, you'll be warmly welcomed.

Get involved in Co-Production



Would you like to get involved in co-production projects helping to shape services? Surrey and Borders Partnership are seeking people with lived experience to get involved. We are working with the trust to develop a Lived Experience Community - join us to get involved

Can't make a meeting? Use our online survey

If you're not able to join your local FoCUS meeting we'd still love to hear about your experiences. You can share your experiences by filling out our 'share your experience' form.

You can access the form using this link or QR code

Share your experience survey



There are 2 groups per area every three months

1 x Community FoCUS Area Group + 1 x FoCUS Combined Group

Community FoCUS



We want to hear your experiences



4 x Local area groups



**2 x in-person
All online**

- Local discussions
- Community Teams
- Informal feel



April
July
October
December

FoCUS Combined Groups



Themes/Topics that matter



2 x Combined area groups

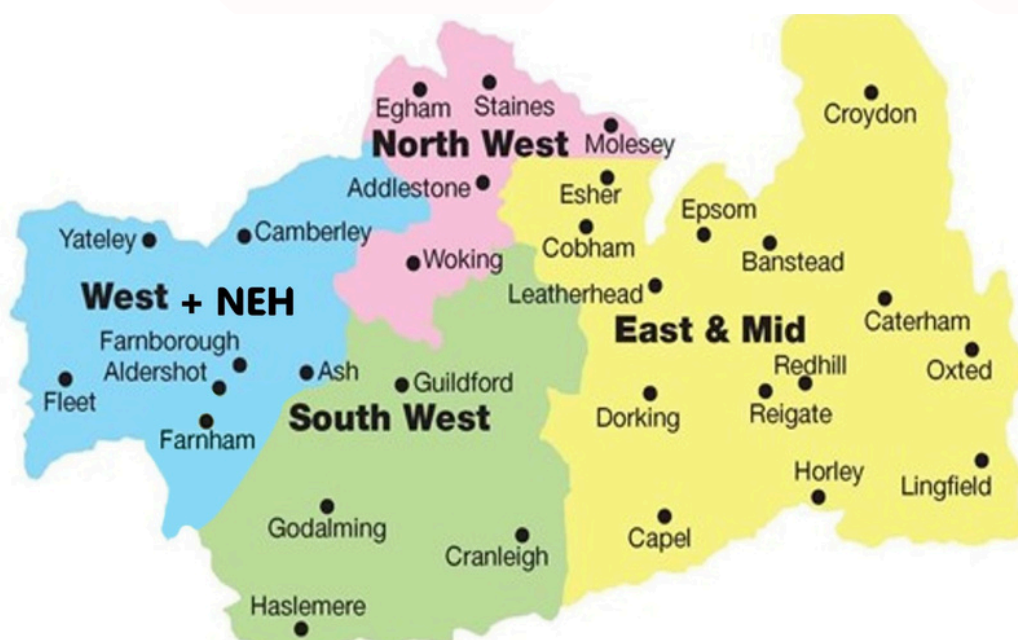


In-person and online

- Surrey Wide/NEH conversations
- Hear from different SABP services
- Aligned with Strategy and projects
- Get involved



January
March
June
September



FoCUS has raised several questions addressing key concerns in mental health services, including the following topics and themes.

Dementia
therapy

Out of area beds

Neurodiversity

Upskilling
carers

Trauma

Supporting
Carers

Co-
Production

Interim
support

Identifying
alcohol or
substance
misuse

Neurodiversity

Isolation

In July we held four Community FoCUS area groups. These meetings are more informal and allow local feedback and conversations with local members and community teams.

Come along to October's local area groups to share your experiences, make suggestions and connect with other people.

In September we held two Talk and Learn FoCUS combined groups. We heard from SABP about their current operational priorities for the year and the Quality Account report. Immy, from Surrey Coalition of Disabled People also spoke to members about Your Voice, Our Strategy: Surrey Coalition's new 3-year strategy and co-producing the future of FoCUS.

More information can be found in the Minutes, for a copy get in touch with Lucy - lucy@lf-solutions.co.uk

The FoCUS Reps have been busy! Since taking up their posts in the summer, our fabulous area Reps have received training to help them in their role as a Rep, including an overview of SABP, governance, complaints and early resolution. They have participated in two Committee meetings at SABP Trust headquarters in Leatherhead and attended RecoveryFest at Stoke Park.

Coming up our Reps will be representing FoCUS at SABP Members Day, if you're there come and say Hi. In November they will be learning more about different areas of mental health such as PSIRF, Carers programme/strategy & Triangle of Care and the Mental Health Act. They will also be helping to plan our Festive FoCUS Social for December and a workshop in January.



Janice - "I joined Focus to help me understand more about the services that were being offered to my relative and how our family could also benefit. I found out that this was a good place to be able to comment on how well the service was doing and also explain what would improve things."

"Over time I learnt so much about the support offered by SABP and others and I was encouraged to become an area representative. This made it possible to directly meet with senior leaders of the Trust and provide useful feedback to them. This has led to changes for my relatives and our family."

North West Surrey (NW)

Ann
Sharan
Rosemary

East & Mid Surrey (E+M)

Rachel
Stephanie

**Have you
thought
of becoming a
Rep?**

Contact the FoCUS
support team to
find out more.

West Surrey + NE Hants (WNEH)

Janice
David
Piara

South West Surrey (SW)

Claud

Suicide Awareness

Content warning: this page discusses suicidal feelings.

Suicide Awareness Training

Surrey Public Health are working with some experienced suicide prevention trainers to codevelop a suicide awareness training that includes safety planning for carers.

We would like to invite members of the network who has supported loved ones, who have had suicidal ideation to attend the half day pilot of the training on Monday 10th November and provide feedback on the training.

There are 5 places available. If you would like to attend, please email Nanu on: SPstrategyOnly@surreycc.gov.uk

Suicide Awareness Day

Every year on 10th September, people across the world come together to mark World Suicide Prevention Day. It's a time to remember that suicidal thoughts are more common than many realise - and that support and hope are always possible.

If you're struggling, please know you don't have to face it alone. Talking about how you feel with someone you trust can make things lighter. Reaching out for help is a brave and important step, and support is always available.

It is a reminder that conversations can save lives. Supporting someone who may be experiencing suicidal thoughts can feel daunting, but you don't have to have all the answers - you just need to listen, show kindness, and encourage them to seek help.

Where to get support:

- Surrey & Borders Mental Health Crisis Line – 0800 915 4644 (free, 24/7)
- Samaritans – 116 123 (free, 24/7)
- Safe Havens
- Contact your GP

Seasonal Affective Disorder (SAD)

Seasonal Affective Disorder (SAD) is a form of depression that occurs at certain times of the year, most commonly in autumn and winter when daylight hours decrease. It's linked to reduced sunlight, which can disrupt the body's internal clock and affect mood-regulating hormones. Symptoms often include persistent low mood, tiredness, changes in appetite (especially craving carbohydrates), difficulty concentrating, and loss of interest in activities. In many countries, clocks go back one hour in late October, shortening evening daylight and sometimes worsening these symptoms.

You can help manage SAD by spending time outdoors during daylight, exercising regularly, maintaining a steady sleep routine, using light therapy lamps, and seeking professional help.

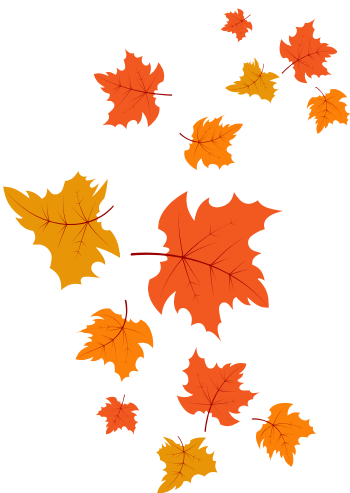
FoCUS Quarterly Question - Drugs and Alcohol Services

i-access (Surrey) and inclusion (North East Hampshire) offer specialist assessment, support and treatment to people who want help with problematic drug and/or alcohol use. FoCUS would like to gather insights from Surrey and North East Hampshire residents who have used i-access or inclusion as part of an internal review of the adult treatment provision.

If you or someone you care for has used these and/or other local support services we'd really appreciate your insights to feed into this work, understand any barriers, and improve drug and alcohol services going forward.

Link: forms.office.com/e/k6TkEL4ryq

WE'D LIKE TO HEAR FROM YOU
ABOUT SABP'S DRUG & ALCOHOL
SERVICES



Surrey Hills Access Visits

Get involved in Surrey Hills access visits and Growing Together events with Surrey Coalition of Disabled People.

As part of our group, you'll take part in guided visits to stunning locations across the Surrey Hills, providing valuable feedback to improve the visitor experience and enhance accessibility.



This is a wonderful opportunity to explore, learn, and make a meaningful contribution to something that positively impacts your local community while promoting inclusion and ease of access. Plus, you'll get to meet with other members of the coalition!

You can also sign up friends or family to come along. If you need support booking, getting to or at the events please let us know and we will be happy to discuss options with you.

Events are FREE for Coalition, FoCUS and IMHN members. Sign up using our online form or by contacting our involvement coordinator Jennie:

[Sign up link](#)

Whatsapp / SMS: 07492342573

Email jennie.coulson@surreycoalition.org.uk



Upcoming Events - Surrey Hills access visits with Surrey Coalition of Disabled People



RecoveryFest Guildford

A Day of Connection and Learning

Surrey Coalition's mental health forums, FoCUS and IMHN, recently attended RecoveryFest Guildford, a vibrant event celebrating mental health recovery and wellbeing. The festival offered an excellent opportunity for people using services, carers, and professionals to connect, share experiences, and explore support options.



Our volunteer FoCUS Representatives joined the event as part of their ongoing personal development. The day provided team bonding, new learning opportunities, and the chance to speak directly with people about mental health. It was a rewarding experience that strengthened confidence and built connections.

RecoveryFest reminded us of the power of community and the importance of coming together to celebrate progress, resilience, and recovery. We look forward to participating again and continuing to support people in their mental health journeys.

To find out more on the Recovery College go to: www.sabp.nhs.uk/our-services/mental-health/recovery-college

Get Together Wellbeing Sessions

Join our inclusive cycling session at Alice Holt Forest.

Alice Holt has a variety of cycling circuits with good surfaces, flat terrain and a fleet of cycles to suit all needs.

 **Where:** Alice Holt Forest, Farnham GU10 4LS

 **When:** Wednesday 8th October at 10.30am

Please contact Katy or Guy to join and for any questions:

Katy - Phone/SMS: 07434865062 Email: katy.hubbard@surreycoalition.org.uk

Guy - Phone/SMS: 07305009869 Email: guy.hill@surreycoalition.org.uk



Registered Charity Number: 1206289

Company Limited by Guarantee, number 3298760

Get Together Wellbeing Sessions



Join our FREE Forest Bathing experience at Box Hill - a slow mindful walk and wheel through nature, soaking up the atmosphere of the woods.



Where: Box Hill, The Old Fort Box Hill Road, Tadworth
KT20 7LB



When: Friday 24th October at 10:00am - 12:00pm

Please contact Katy or Guy to join and for any questions:

Katy - Phone/SMS: 07434865062 Email: katy.hubbard@surreycoalition.org.uk

Guy - Phone/SMS: 07305009869 Email: guy.hill@surreycoalition.org.uk



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Share your views: Accessing mental health services and support in Surrey

Work is underway to better integrate the services, teams and organisations that provide mental health support in Surrey's communities. The aim is to make it easier for everyone to access the level of support they need, when they need it, without being repeatedly referred to multiple services and to proactively support people with complex needs.

You can help develop this new Integrated Neighbourhood way of working by sharing your views on four questions about what you would like to see done differently, and how you access **information**, **advice**, and **support** with your mental health.

This survey is open to everyone, whether you have used mental health services or not.

The closing date is Friday 10th October 2025.

To complete the survey, please
scan the QR code with the
camera on your mobile phone



surreycoalition.org.uk

Registered Charity Number: 1206289

Company Limited by Guarantee, number: 3298760



The Lighthouse Aldershot



Jennie recently visited The Lighthouse in Aldershot, a warm and welcoming community hub that hosts a free lunchtime drop-in every Wednesday 11.30am-1pm. The Lunch Club offers a friendly and inclusive space where people can enjoy lunch, connect with others, and have a chat.

Whether you come alone or with a friend, it's a great opportunity to meet new people in a relaxed, supportive setting. The staff are incredibly kind, and the conversations are open and engaging.

During her visit, Jennie also carried out outreach on behalf of FoCUS, promoting the group's work and listening to people's personal experiences of mental health services. She spoke with attendees to hear their views, share information, and learn more about the local mental health groups and support available in the area.

The Lighthouse Aldershot offers a range of community services, including:

- Lunch Club, a free weekly drop-in every Wednesday, where people can share a meal, make connections, and enjoy a welcoming, social atmosphere
- Free16 Youth, a weekly youth club for 11–17 year olds, held every Tuesday during term time, offering games, snacks, and a safe, welcoming space to connect
- Family Tea Time, relaxed after-school gatherings for carers and children
- A Community Food Larder, providing essential groceries, toiletries, and cleaning supplies at each session or by appointment (supported by Rushmoor Borough Council)

In addition to Aldershot, The Lighthouse also has centres in Guildford, Woking, and Barnsbury, each offering a unique range of services tailored to the needs of their local communities. More information can be found online - the-lighthouse.info/

Surrey Heath Lived Experience Community


Are you currently using or have you previously used the Surrey Heath Community Mental Health Team for Older People?


HAVE YOUR SAY & HELP SHAPE THE FUTURE OF THE SERVICE

SURREY HEATH LIVED EXPERIENCE COMMUNITY

a welcoming space where your voice matters.

 Share your experiences

 Help improve services for others

 Connect with fellow service users, unpaid carers & families

 **When?**

Wednesday 11th February 2026


Wednesday 3rd June 2026

Wednesday 9th September 2026

Arrive at 10:45am for an 11am start, finish at 2pm

 **Where?**

Theta, Lyon Way, Frimley, GU16 7ER
(Free lunch provided!)

 How to get involved:

Call: 01276 454100

Email: surreyheathcmhtopadmin@sabp.nhs.uk

Or visit: Surrey Heath CMHT OP, Theta, Lyon Way, Frimley, GU16 7ER

Dates

When	What	Where
30th September 10am-2.30pm	Silverwood LE Group	Online (Teams)
1 st October 1pm - 2.30pm	Community FoCUS - SW	Guildford Baptist Church + Online (Zoom)
2nd October 1pm - 2.30pm	Community FoCUS - WNEH	Online (Zoom)
6 th October 10am - 11am	IMHN East & Mid Stakeholder meetings	Online (Zoom)
6 th October 1pm - 2.30pm	Community FoCUS - NW	Chertsey Halls + Online (Zoom)
7 th October 12pm - 3pm	SABP Members Day	Leatherhead
7 th October 12pm - 3pm	Health and Wellbeing Fair	Godalming Wilfred Noyce Centre
8 th October 1pm - 2.30pm	Community FoCUS - E&M	Online (Zoom)
8 th October 11am - 2pm	Health and Wellbeing Fair	Guildford Borough Hall Millmead
8th October 10.30am	Wellbeing Get Together - inclusive cycling	Alice Holt Forest
13 th October 11am - 12pm	FoCUS Reps meeting	Online (Zoom)
15 th October 10am - 11am	IMHN NW Surrey Stakeholder meetings	Online (Zoom)
24 th October 10am - 12pm	IMHN/Coalition Wellbeing event Forest Bathing	Box Hill
27 th November	The Coalition Strategy Launch event	Dorking Halls
9 th December 12.30pm-2.30pm	Festive FoCUS Social	SABP HQ Leatherhead

Wellbeing Support

Do you need mental health support?

The Safe Havens in Surrey remain open for people in crisis to visit in person every day of the year. You can find out more information here:

[https://www.sabp.nhs.uk/our-services/mental-health/safe-havens.](https://www.sabp.nhs.uk/our-services/mental-health/safe-havens)

Surrey and Borders Partnership NHS Foundation Trust (SABP) and the Community Connections providers have launched virtual Safe Havens. The Virtual Safe Havens are open from 6.00pm to 11.00pm every day of the year for people in crisis.

Virtual Safe Haven Links

- [Epsom Safe Haven](http://nhs.vc/sabp/safe-haven-Epsom)
- [Guildford Safe Haven](https://nhs.vc/sabp/safe-haven-guildford)
- [Redhill Safe Haven](https://nhs.vc/sabp/safe-haven-redhill)
- [Woking Safe Haven](https://nhs.vc/sabp/safe-haven-woking)
- [Aldershot Safe Haven](https://nhs.vc/sabp/safe-haven-aldershot)

Other sources of support

- call Surrey and Borders' Mental Health Crisis Helpline on: 0800 915 4644 or by SMS text: 07717 989 024
- contact SHOUT by SMS text on 85258
- contact Samaritans on 116 123 or email them at jo@samaritans.org
- [go to the Healthy Surrey website for more information about mental health and emotional wellbeing support in Surrey.](#)

Useful Links

- <https://www.maryfrancestrust.org.uk/calendar/>
- <https://www.catalystsupport.org.uk/activity-timetable/>
- <https://www.richmondfellowship.org.uk/services/east-surrey-community-connections/>
- <https://carersuk-news.org/cr/AQiMSBCK80oGGKPq2sAEXlthOKYJltMtGh5CNrVkJcifHhdJMumebx2B-rhOAU>

Useful mental health apps

Mind App Library

<https://mind.orchahealth.com/en-GB>

Stay Alive app

Available on the Google Play store and Apple App Store

For more information go to <https://www.stayalive.app/>

