



We are still offering a range of therapies over the telephone, skype and online and offer priority appointments to NHS staff & Care Professionals....



Surrey and Borders Partnership
NHS Foundation Trust

Groups	
Wellbeing Workshop (CBT based group)	Skype
Changing Perspectives Group (CBT based group)	Skype
Grief and Loss Group	Skype
Recent Bereavement Group (COVID-19 & other Loss)	Skype
Coping with COVID-19	Skype

1:1 Treatments	
SilverCloud Digital Online CBT	Online CBT platform
Guided self-help based on principles of CBT	Telephone or Skype
1:1 CBT	Telephone or Skype
1:1 Counselling	Telephone or Skype

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).

To find out more about our treatments or to self-refer, visit www.mindmattersnhs.co.uk or call 0300 330 5450.

