



# Pathways for Mental Health

Click on an organisation to be directed to its website



## Still in service / transitioning?

### [Military Departments of Community Mental Health \(DCMH\)](#)

For Tri Service personnel that also provides support up to 6 months after discharge

### [Combat Stress](#)

24 hour helpline for Tri Service personnel and their families. Tel: 0800 323 4444

### [SSAFA – Forcesline](#)

Confidential support for serving (regulars and reserves) and ex-service personnel from the Armed Forces and their families. Tel: 0800 731 4880

## National Advice and Support

### [HeadFIT](#)

An online platform with tools and resources to help defence personnel with their mental health and mental fitness.

### [Cruse Bereavement Care](#)

Support following bereavement, including practical information. Tel: 0808 808 1677

### [Mental Health & Money Advice](#)

Online support with clear, practical advice and support for people experiencing issues with mental health and money.

### [Drop Ins](#)

Advice and information sessions for the AFC. Find your local one via the [ASDIC](#) website.

### [MIND](#)

Local hubs providing advice, advocacy, day services, education and training, and support groups. Tel: 0300 123 3393

### [Samaritans](#)

Provides 24hr support Tel: 116 123  
Visit website for local branch details.

### [Sane](#)

Provides emotional support services. Tel: 0300 304 700 4:30pm to 10:30pm

### [Papyrus \(Prevention of Young Suicide\)](#)

Confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person through [HOPELINEUK](#) Tel: 0800 068 4141

### [Survivors of Bereavement by Suicide](#)

Provides a safe, confidential environment in which bereaved people can share their experiences and feelings, so giving and gaining support from each other. Tel: 0300 111 5065

[C.A.L.M.](#) (Campaign Against Living Miserably)  
Helpline and webchat (5pm and midnight daily)  
Main focus is support for male mental health. Tel: 0808 585858

### [SHOUT](#)

24/7 text service for anyone in crisis anytime, anywhere. Text CONTACT to 85258.

## NHS Provision

**Defence Medical Services' Veterans and Reserves Mental Health Programme** – Offers a full mental health assessment at the closest [Department of Community Mental Health \(DCMH\)](#) by a consultant psychiatrist to anyone who has seen operational service since 1982 or Reservists who have been on operations since 2003. Treatment is offered to those whose mental health is attributable to their service. Referral is primarily via GP. Tel: 0800 032 6258

### **NHS Mental healthcare for veterans**

Services available to veterans in the NHS can be found on the [NHS website](#).

### [London and South East Region Veterans Mental Health Service](#)

Providing specialist Armed Forces mental health services across the South East Coast. Providers can access this service for specialist advice. Tel: 020 3317 6818

### [Surrey and Borders Partnership](#)

Leading provider of health and social care services for people of all ages with mental ill-health and learning disabilities also provides drug and alcohol services in Surrey. [Crisis Contact](#): 0800 915 4644 (24hr)

### [Healthy Surrey](#)

A website resource for information to help improve the health and wellbeing for everyone in Surrey. Tel: 0808 802 5000

### [Red Card](#)

Sometimes there are things going on in our lives that can cause stress and anxiety, such as housing, finances or relationship problems. Red Card provides a list of services that can provide information, advice and support on a range of problems.

### [Armed Forces Network](#)

A wide range of organisations ensure the health needs of the local Armed Forces community and veterans are being met and considered across local health services.

### **NHS Counselling and Therapy IAPT – Improving Access to Psychological Therapies**

Provides talking therapies and self-help courses for people in Surrey to help with common mental health difficulties such as stress, anxiety and depression. Includes Cognitive Behavioural Therapy (CBT), Counselling, Eye Movement Desensitisation Reprocessing (EMDR), and Couples Counselling. Self-referrals online and by phone

[Mind Matters Surrey IAPT](#) (All except F)  
Tel: 0300 330 5450

### [Centre for Psychology](#)

East Surrey Tel: 01737 306020

Surrey Heath Tel: 01276 423020

Surrey Downs Tel: 01483 901429

Guildford & Waverley Tel: 01483 901429

[DHC Clinical](#) Tel: 01483 906392

[IESO Digital Health](#) – Online CBT.

Tel: 0800 0874 5560

[ThinkAction Surrey](#) – Tel: 0300 012 0012

[Talk Plus](#) – Tel: 01252 533355 (F)

[Talking Therapies – Surrey Online](#)

– Tel: 0300 365 200 (NWS)

### [Community Connections Surrey](#)

Offers a range of support to people in Surrey, aimed at improving emotional and mental well-being. The service accepts self-referrals, as well as from GP and mental health professionals. Services include: one to one support, groups, drop in services, mindfulness sessions, social events and peer support, confidence building courses, signposting to local agencies.

## Military Mental Health Support

### [Combat Stress](#)

The primary mental health charity for veterans, providing clinical treatment and welfare support for psychological wounds.

Tel: 0800 138 1619 (Veterans and their families)

Tel: 0800 323 4444 (Serving and their families)

### [Help for Heroes](#)

Run in-house programmes, such as Hidden Wounds, for (ex) service personnel requiring psychological support.

Tel: 01980 844280 or 0808 2020 144

### [Togetherall](#)

A free online service for anyone with mental health difficulties (including serving personnel, veterans and their families) to talk about what's troubling them. The service is completely anonymous and provided 24/7.

### [All Call Signs](#)

All Call Signs is a peer-to-peer communication app for Veterans and serving Military Personnel. Manned by volunteers who understand the stresses and struggles that come with daily life in and out of uniform.

## Activities

### [Recovery College](#)

Supporting people in their recovery through educational courses and workshops on a range of psychological, mental and physical health conditions.

### [UK Men's Sheds Association](#)

Community spaces for men to connect. The activities are often similar to those of garden sheds. Helping reduce loneliness and isolation.

### [Armed Forces & Veterans Breakfast Clubs](#)

Facilitating veterans to meet face to face in a relaxed, safe, social environment.

### **Social Prescribing**

Many activities could be beneficial i.e. art, archaeology, theatre, sports, singing, outdoor activities. Link with your Primary Care Social Prescriber/Navigator via your GP Practice

## Residential Service

### [Together](#)

24 hr adult residential services for those recovering from severe mental distress.

GW = Guildford & Waverley SD = Surrey Downs  
F = Farnham ES = East Surrey  
NWS = North West Surrey SH = Surrey Health