



Next steps

We accept self-referrals (where you can contact us directly without the need for you to make contact via your GP first) as well as referrals from GPs and other health professionals.

To self-refer call: **01483 906 392**
Monday to Friday 9am to 5pm

Or visit: **dhctalkingtherapies.co.uk**

“ *After 7 sessions and applying myself to the guidance and techniques I received, I finished in June feeling good about myself and my family.* ”

Thomas*, former client of
DHC Talking Therapies

Crisis care

If you need immediate help and feel you cannot keep yourself safe please seek assistance by contacting your GP, visiting A&E or calling:

Surrey Mental Health Crisis Line

5pm to 9am Monday to Friday,
24hrs weekends/bank holidays
0300 456 83 42

Samaritans

08457 90 90 90
or 01737 248 444

SANEline

0300 304 7000
4.30pm to 10.30pm daily

If you would like this leaflet in an alternative format, for example large print or braille please let us know.

Woking Community Hospital
Heathside Road
Woking
Surrey
GU22 7HS

01483 906 392
Monday to Friday 9am to 5pm

dhctalkingtherapies.co.uk

This free service is provided by Dorking Healthcare Ltd.

*names have been changed for anonymity



Talking Therapies

Are you feeling low, depressed or anxious?

When life gets too tough we can help you through it.



Talk to us today

01483 906 392

Monday to Friday 9am to 5pm

dhctalkingtherapies.co.uk

What is Talking Therapies?

Talking Therapies is a free and confidential NHS service offering a range of talking therapies to adults 18 years and over, who are registered with a GP in Surrey.

We pride ourselves on our short waiting times, great recovery rates and being recognised as a leading provider of talking therapies across Surrey.

We deliver therapies for people experiencing common difficulties including:

- Depression
- Anxiety
- Panic
- Stress
- Phobias
- OCD
- Single episode trauma
- Sleep difficulties
- Anger

How we can help you

We understand that emotional difficulties can impact on all areas of daily life. We can help by providing a tailored individual service where you can talk about your concerns.

The types of treatments we offer include:

- Counselling for depression
- Cognitive behavioural therapy (CBT)
- Eye movement desensitization and reprocessing (EMDR)
- Psycho-education
- Long term conditions CBT
- Online CBT



“ I came out learning something new and helpful every time which has helped me with day to day life. ”

Shaheed* former client of DHC Talking Therapies

“ The whole experience was extremely positive for me, and has changed my way of thinking/coping. Thank you! ”

Sarah*, former client of DHC Talking Therapies



We care about you

We always offer face to face treatment, but you may also be able to choose from the following:

- telephone
- Skype sessions
- CCBT (e-learning supported by a therapist)

We aim for your first session to be offered within 10 days.

Talking Therapies is available in a wide range of locations across Surrey to ensure we are providing a local service to you.