Next steps

If you are 17+ and registered with a Surrey GP you can refer yourself to us directly in a number of ways.

Go to the self-referral page of our website and fill in a referral form.

Contact us

Refer yourself on our website:
www.dhctalkingtherapies.co.uk

Call: **01483 906 392**
Email: **iapt.dhc@nhs.net**

Our opening hours are:
Monday – Thursday 8am-6pm
Fridays 8am-5pm

Crisis care

We are not a crisis service. If you are concerned about your own or someone else's immediate safety, then call 999 for emergency services.

If you feel that you need urgent help to be able to keep yourself or others safe it is important to contact your GP.

You can find out more about crisis support services on our website.

www.dhctalkingtherapies.co.uk

DHC Talking Therapies
Holmhurst Medical Centre, 12 Thornton Side,
Redhill, Surrey, RH1 2NP

01483 906 392 Monday to Friday

"My therapist treated me as an individual and never appeared to place me in a recognised category.

I found the whole experience very helpful and reached the end session with a better understanding of my problems and ways in which I might continue to address them.

Thank you."

DHC talking therapies

NHS Surrey Talking Therapies

Are you feeling low, depressed or anxious?

Our free, NHS service is available to anyone who is 17+ and registered with a Surrey GP.

Referring yourself is easy...

Talk to us today

Call: **01483 906 392**

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

How can we help?

NHS Surrey Talking Therapies is a free service for anyone aged 17+ who is registered with a Surrey GP.

Talking Therapies aren't just for depression. We can help with a wide range of common mental health problems.

Our practitioners offer proven psychological therapies based on Cognitive Behavioural Therapy (CBT), Counselling, Guided-Self Help CBT and Eye Movement Desensitisation Reprocessing (EMDR).

Common mental health problems include:

- Anxiety
- Low mood
- Stress
- Phobias & fears
- Worry
- Insomnia
- Anger
- Panic

Living with a long-term health condition such as diabetes, cardiovascular disease, chronic pain or respiratory disorders can lead to anxiety and low mood. Improving your emotional health with CBT will support your physical health.

What are my options?

You can choose to receive your therapy in a way that suits you and your lifestyle. You may prefer to speak to a therapist regularly or to go at your own pace via one of our online programmes. We also offer group courses where you can benefit from the support of others experiencing similar difficulties.

Online	1:1 Therapy	cCBT with SilverCloud	Group Courses
In Person	1:1 Therapy	By phone	1:1 Therapy

"This service is invaluable. I was so impressed and appreciative to receive help so quickly. My therapist was compassionate and caring.

Her communication during and after the sessions was excellent, sending helpful information to continue support after each session. Thank you, this is a brilliant service providing help when it's needed the most."

How does it work?

The first step is to complete the referral form on our website.

Our friendly self-referral assistant, Limbic, will guide you through the process and ensure our team receive your referral quickly.

Or you can call us on 01483 906392.

Once we've received your referral, we will be in touch within 1 or 2 working days. Your therapist will discuss your treatment plan with you and there will be regular reviews to make sure it's working for you.

"My therapist was very understanding and helped motivate me throughout the course from beginning to end, SilverCloud was very helpful for my anxiety and helped me look at anxiety in a different way and learn new skills to manage it. I also found the modules clear, easy to navigate through and a very helpful tool."

DHC talking therapies