




I USED TO **WORRY** ALL THE TIME.
NOW I'VE GOT THE TOOLS TO DEAL WITH
STRESS & GET ON WITH MY LIFE.



MIND MATTERS IS A FREE &
CONFIDENTIAL NHS
TALKING-THERAPY SERVICE

WE ALL NEED A BIT OF HELP FROM TIME TO TIME

IN FACT, 1 IN EVERY 6 YOUNG PEOPLE
(AGED 16-24) SHOW SYMPTOMS OF COMMON
MENTAL HEALTH PROBLEMS.*

MIND MATTERS IS A FREE, CONFIDENTIAL NHS SERVICE AVAILABLE ON CAMPUS.

WE CAN HELP YOU MANAGE ISSUES LIKE
STRESS, ANXIETY, DEPRESSION, AND OTHER
MENTAL HEALTH PROBLEMS.

OUR SESSIONS CAN EASILY FIT IN AROUND YOUR
STUDIES AND OTHER COMMITMENTS.

FIND OUT MORE:

- WWW.MINDMATTERSNHS.CO.UK
- MINDMATTERS.SURREY@SABP.NHS.UK
- 0300 330 5450 OR TEXT 07786 202 566
- FACEBOOK.COM/MINDMATTERSSABP
- @MINDMATTERSSABP

IF YOU'RE IN CRISIS:

RING THE MENTAL HEALTH CRISIS LINE 24/7
ON 0800 915 4644.

THE MIND MATTERS SERVICE IS PROVIDED BY SURREY AND BORDERS PARTNERSHIP NHS FOUNDATION TRUST WWW.SABP.NHS.UK
SERVICE OPEN TO PEOPLE AGED 17+ WHO ARE REGISTERED WITH A SURREY GP

* STATS FROM YOUNGMINDS.ORG.UK | REF SB00448 JANUARY 2021