



# Community Connections Surrey

Working together to support your mental health and wellbeing



Individually-tailored Support

Physical Activities

Self-development Workshops

Connection to Nature

Peer Support

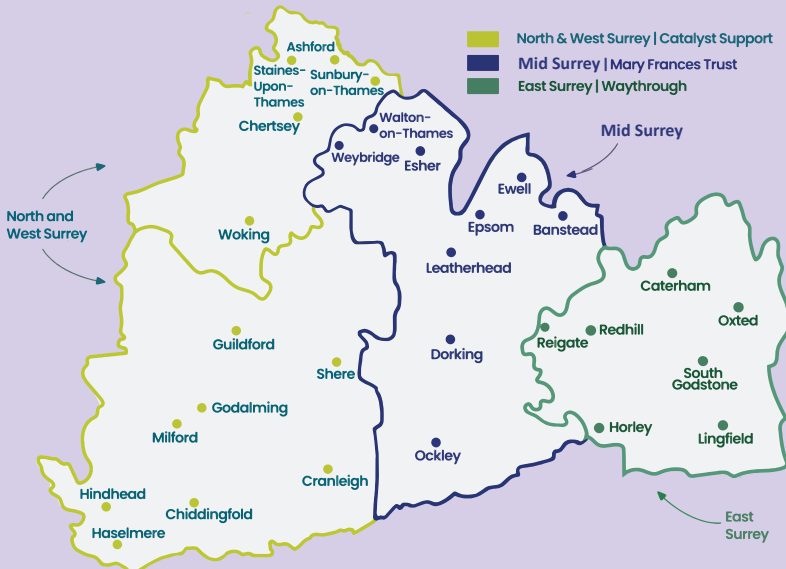
Financial Advice

Arts and Crafts, Creative Activities

Online and Face-to-face

For Surrey residents aged 16 +, who would like to improve their mental health and wellbeing.

“I feel like me again. I have my identity again. I feel more confident.”



You can register yourself or your GP or mental health professional can refer you.

For more info, visit our website:  
[communityconnectionssurrey.org.uk](http://communityconnectionssurrey.org.uk)

Community Connections offer support tailored to your individual needs.  
Find your closest provider at:



Guildford, Waverley,  
Surrey Heath, Spelthorne,  
Runnymede and Woking

Tel: 01276 409 415  
SMS: 07919 541 424  
info@catalystsupport.org.uk  
catalystsupport.org.uk



Mole Valley, Epsom &  
Ewell, Banstead and  
Elmbridge

Tel: 01372 375 400  
SMS: 07929 024722  
info@maryfrancestrust.org.uk  
maryfrancestrust.org.uk



Tandridge, Redhill,  
Reigate and Horley

Tel: 01737 771 282  
SMS: 07393 797846  
redhillcc@waythrough.org.uk  
rfcommunityconnections.org.uk

"A lifeline provided by no other service, competent, caring, cheerful staff. Prompt response in times of crisis, champions of best interest of their clients." - Feedback from Community Connections client

