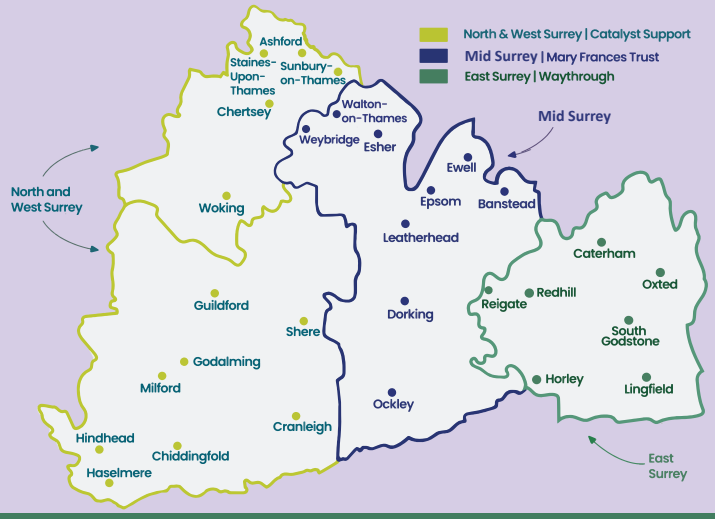
Community Connections Surrey

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.

Community Connections offer support tailored to your individual needs.

Find your closest provider at:

communityconnectionssurrey.org.uk

catalyst
SUPPORTING WELLNESS TOGETHER

Tel: 01276 409 415

MFT MARY FRANCES TRUST
Inspiring Mental Wellbeing

Tel: 01372 375 400

Waythrough

Tel: 01737 771 282