

Surrey Heath Mental Health Support Team



- Urgent support
- Advice, information and resources
- Mental Health services in Surrey



- Helpline, crisis mesenger or 1-1 online chat
- Support and Information
- Discussion boards and group chats
- Apps and tools



- 24/7 text support
- Guides, advice and tips
- Real life stories from other young people



- Articles, personal experiences and tips
- Discussion Boards
- Set goals and track progress
- Mood Tracker
- Chat to Kooth Team

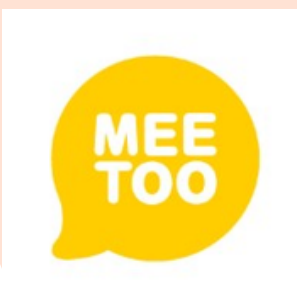
Recommended Apps



Headspace is an everyday Mindfulness and Meditation app for Stress, Anxiety, Sleep, Focus, Fitness, and More.



SilverCloud is an online therapy programme proven to help with stress, anxiety, low-mood and depression.



The Mee Too app allows you to talk anonymously about difficult things with other people of a similar age or experience.

Recommended Books

Helpful books based on principles of cognitive behavioural therapy

