



Dear Sir/Madam,

Thank you for taking the time to read our letter. Mind Matters is a free NHS, talking therapy service provided by Surrey and Borders Partnership NHS Foundation Trust. It offers short courses of Cognitive Behavioural Therapy (CBT) and counselling for mild to moderate mental health conditions including depression, anxiety, panic attacks, and stress.

New programmes have been developed for people affected by the ongoing coronavirus pandemic - including people who find existing anxieties or depression have been made worse by the current climate.

These include:

- Specific course on coping during lockdown
- Bereavement support for people who have lost a friend or relative to coronavirus, or for any other reason, in the last six months
- All Mind Matters services are being made available to people aged 17+ (previously over 18 only).

Appointments with specially trained psychological wellbeing practitioners are available via phone and by secure Skype video conferencing.

The purpose of this letter is to inform you of our services and ask if you could include this information in communications with students, teachers and family/friends so they are aware that mental health support is still available during this time.

The easiest way for people to access our service is to refer themselves is by using our online self-referral form via our website <http://www.mindmattersnhs.co.uk/> and clicking the 'self-referral' picture.

If you have any queries or questions about our service, please feel free to contact us on 0300 330 5450. Our phone lines are open 8.30am until 5.30pm Monday to Friday.

If you would like to request any more leaflets, please call our main line above.

Kind Regards,

Administration Team
Mind Matters Surrey