



Mental Health Crisis Helpline: 0800 915 4644

24 hour support for people in Surrey and North East Hampshire experiencing a mental health crisis

Lines are open 24 hours, seven days a week. You don't need to book an appointment and calls are free of charge.

Extended Hope Service



The Extended Hope assessment and support service seeks to care for young people facing emotional and mental health crisis where and when they need assistance, including out of normal office hours.



The Extended Hope assessment and support service aims to support young people facing emotional and mental health crisis outside of normal office hours or requiring, following assessment, a respite/crisis bed at Extended Hope for up to seven days.

It is staffed by residential workers and a community psychiatric nurse who will undertake mental health assessments of young people and can offer support to that young person and their family/carer. The service operates between the hours of 5-11 pm, seven days a week and can be **accessed through the 24/7 crisis line on 0800 915 4644.**

During 9am - 5pm Monday to Friday requests for support for the respite/crisis bed can be made by calling Hope on 01483 517190/01372 203404. [Click here](#) for further information.



Mindworks
Surrey

Mindworks Surrey is the new emotional wellbeing and mental health service for children and young people in Surrey.

Visit <https://www.mindworks-surrey.org/> to find a wealth of information about support and services available.



Mind have lots of information about how the period around Christmas and New Year might affect your mental health, particularly during the pandemic.



Create a Mind Plan on NHS Every Mind Matters – answer 5 short questions to get your free plan with tips to help you deal with stress and anxiety, improve your sleep, boost your mood and feel more in control.



A free, anonymous and confidential website where young people can go for help, advice and to talk to a trained counsellor online over the festive period.



Childline have lots of information and advice about how to cope at Christmas. Their phonenumber and online live chat with trained counsellors are also available daily, including on Christmas Day and over New Year.

