

# Horley Health Hub - public advice



Along with the advice below, you can also contact your GP during open hours or NHS 111 out of hours advice.

## Mental health crisis

**If you feel you are at immediate risk of harming yourself, or others please call 999 for immediate help.**

There are ways to get urgent help if you are experiencing a mental health crisis but do not need immediately medical attention.

**Contact the Mental Health Crisis helpline. Open 24 hours a day, 7 days a week.**

**Call 0800 915 4644 or Text 07717 989 024 if you have speech or hearing difficulties.**

### Safe Havens

They provide out of hours help and support to people and their carers experiencing a mental health crisis or emotional distress. Local drop in service in Redhill in addition to virtual service.

**[www.sabp.nhs.uk/our-services/mental-health/safe-havens](http://www.sabp.nhs.uk/our-services/mental-health/safe-havens)**



**Scan the QR code for all of this information online or visit [www.horleyhealthhub.org](http://www.horleyhealthhub.org)**

## Social / complex needs

If you're looking for wellbeing / living support, we recommend the following starting points:

### Karen Harrell - Horley local area coordinator

Supporting Horley residents (excludes Westvale Park, The Acres and Langshott). Karen walks alongside people at their own pace, helping to navigate services, build confidence and make connections. No referral criteria, assessments or time limits on support.

**Call / Text: 07816 191 343**

**Email: [karen.harrell1@surreycc.gov.uk](mailto:karen.harrell1@surreycc.gov.uk)**

### Wellbeing service

- Provides free support and advice to improve Health and Wellbeing for East Surrey residents aged 18+
- Must be registered with an East Surrey GP Practice
- Clerklands patients contact the surgery directly to be referred to their service
- Emotional wellbeing support available, but they can't support those in mental health crisis

**T: 01883 732 787**

**Online referral form - [www.wellbeingprescription.org](http://www.wellbeingprescription.org)**

**List of further community groups / support [www.horleypcn.org/patients/local-services](http://www.horleypcn.org/patients/local-services)**