

# 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:

### 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)**