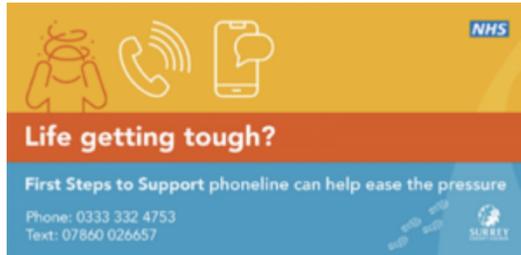


# First steps for mental health

22 June 2024



The National Health Service (NHS) has introduced “First Steps to Support,” a new service which is designed to help residents aged 18 and over manage their mental health. This comprehensive facility is accessible via telephone, text, and email, offering early intervention and guidance through a single conversation with a dedicated wellbeing advisor.

Whether you’re feeling stressed, irritable, or down, facing financial worries or sleep issues, caring for others with little to no time for yourself - “First Steps to Support” will help you delve and face these issues. They seek to help you improve your mental wellbeing by providing support not only for individuals but also for their friends and family members. The welcoming staff aims to understand what’s troubling you and attempts to explore ways to guide you to the right resources, in order to ease your burdens and help you enjoy life again.

Residents will receive tailored guidance on self-help strategies and have early access to talking therapies. In addition, the service offers referrals to various support services that tackle wider determinants of wellbeing, including financial difficulties, housing issues, employment concerns, isolation, and bereavement. The overarching objective is to enhance long-term wellbeing by connecting residents with local community organisations and support hubs, ensuring sustained assistance and resilience.

## Service Availability:

Residents can reach out to the “First Steps to Support” service through the following contact methods:

- ☐ Telephone: 0333 332 4753
- ☐ SMS: 07860 026657
- ☐ Email: [dohel.firststeps.surrey@nhs.net](mailto:dohel.firststeps.surrey@nhs.net)

The wellbeing advisors can be contacted during the following hours:

- ☐ Monday: 8am to 3pm
- ☐ Tuesday: 9am to 4pm
- ☐ Wednesday: 10am to 5pm
- ☐ Thursday: 9am to 7pm
- ☐ Friday: 10am to 2pm

## Further Information

For more information, the NHS encourages residents to visit the “First Steps to Support” webpage on [healthysurrey.org.uk](http://healthysurrey.org.uk)