

Mental Health Services in Epsom and Ewell

30 June 2022



The number of people experiencing mental illness has risen in recent years.

The global pandemic, increased living costs and technological change are among the pressures affecting mental health. They are not the only causes, but changing ways of life are playing a part.

Stigma can make mental health problems worse by delaying or preventing treatment. Open conversations, and easy access to reliable information, are vital.

Mind provides a useful guide to different mental health problems and symptoms here:

<https://www.mind.org.uk/information-support/types-of-mental-health-problems>

For young people under 18:

<https://www.mind.org.uk/for-young-people/introduction-to-mental-health/types-of-mental-health-problems>

Epsom also has a particular mental health history. The former psychiatric institutions known as the Epsom Cluster, once based in the Horton area, contributed to stigma around mental illness.

As London expanded during the Industrial Revolution, hospitals struggled to cope and some institutions were moved outside the city. The Friends of Horton Cemetery are now working to de-stigmatise mental illness by revealing the lives of 9,000 patients buried between 1899 and 1955 in the abandoned cemetery in Epsom.

More information: www.hortoncemetery.org

Conditions such as anxiety and depression can interfere with everyday life, physical health and emotional wellbeing. With one in four people in the UK experiencing a mental health problem each year, it is important that local resources are easy to find.

The Epsom and Ewell Times has compiled the following local information for those seeking help, or for family members and friends supporting someone they care about. This list is not comprehensive, but is intended as a starting point.

Love Me Love My Mind

Love Me Love My Mind is a registered grassroots charity based in Epsom. It aims to foster better understanding of mental health and to provide support for people who are struggling.

The charity runs drop-in services at St Barnabas Church, Temple Road.

On Mondays from 4pm to 6.30pm, anyone struggling is welcome to drop in for a conversation.

Between March and November, the charity also runs a “Warm Welcome Space” on Mondays from 1pm to 7pm, offering tea, a hot meal and arts and crafts.

Every Tuesday from 1pm to 3pm, it hosts “Men’s Pitstop”, a confidential peer-to-peer support space for men.

On Saturdays from 11am and Sundays from 12pm, it runs a Kids’ Art & Craft Workshop at Metropolis Epsom, Epsom Square.

These drop-in services offer refreshments, activities, community and confidential conversation for those who may feel isolated by mental health difficulties.

More information: <https://www.lovemelovemymind.org.uk>

Horizon

Horizon is a Surrey community mental health and learning disabilities service hub. It opened in July 2021 and offers assessments and treatment for people experiencing mental health difficulties.

Its aim is to support people towards self-management and independence.

Horizon is based at:

28 Upper High Street
Epsom
Surrey
KT17 4QJ

It is around a 7-10 minute walk from Epsom railway station.

Teams based at the hub include:

Early Intervention in Psychosis
Mind Matters
Community Mental Health Recovery Service — Epsom
Community Mental Health Team for Older People — Mid Surrey
i-Access East
Perinatal Mental Health Service — South West
ASD and ADHD Service — Surrey

Horizon accepts self-referrals, as well as referrals from GPs, IAPT talking therapy providers and social services.

More information:

<https://www.sabp.nhs.uk/our-services/mental-health/community-services/CMHRSEpsom>

Mary Frances Trust

Since 1994, Mary Frances Trust has specialised in mental health support for Surrey residents.

The non-profit organisation is based at:

23 The Crescent
Leatherhead
KT22 8DY

Its services include one-to-one support, wellbeing courses and physical activities. Its website also provides blog articles and further information on specific mental health issues.

Mary Frances Trust states:

“Anyone over the age of 16 living in the Mole Valley, Epsom & Ewell, Banstead, Elmbridge areas of Surrey and experiencing any form of mental or emotional health issues can access our services.”

More information:

<https://www.maryfrancestrust.org.uk>

Crisis support:

<https://www.maryfrancestrust.org.uk/crisis-support>

Safe Haven: Epsom

The Epsom Safe Haven is a drop-in service for people experiencing a mental health crisis, as well as those looking for general mental health support.

It is located at:

Brickfield Centre
Portland Place
Epsom
KT17 1DL

Safe Haven works in partnership with Mary Frances Trust and Surrey and Sussex ICB.

For those in crisis, the centre is open from 6pm to 11pm, 365 days a year.

Those looking for general mental health support can drop in between 6pm and 7pm daily.

A virtual Safe Haven also offers crisis support between 6pm and 11pm:

<https://nhs.vc/sabp/safe-haven-Epsom>

Safe Haven says it offers “a supportive environment for any adult in crisis during a time of need and when there may be no-one else around to provide it.”

The service is self-referral, meaning anyone in need of support can use it.

More information:

<https://www.sabp.nhs.uk/our-services/mental-health/safe-havens>

Alcoholics Anonymous

For those struggling with alcohol addiction, there are several Alcoholics Anonymous meetings in and around Epsom and Ewell.

Many meetings operate on a first come, first served basis, and sessions vary from one hour to one and a half hours.

Monday, 8pm
St Joseph’s Catholic Church
St Margaret’s Drive
KT18 7JQ

Friday, 1pm
St Martin’s Church Hall



Church Street
KT17 4PX

Friday, 6.30pm
All Saints Church meeting room
KT19 9QZ

Saturday, 8pm
St Martin's Church
Church Street
KT17 4PX

Saturday, 10am
Epsom Methodist Church
11-13 Ashley Road
KT18 5AQ

Mindworks Surrey

Mindworks Surrey is a service for children and young people's emotional wellbeing and mental health.

Its services are delivered by a range of alliance partners and support children, young people, parents, carers, and organisations working with children.

Some services can be accessed directly, while others require a GP referral.

More information:

<https://www.mindworks-surrey.org>