



Life getting tough?

- Feeling stressed worried or down?
- Money worries?
- Relationship struggles?
- Finding it hard to sleep?

Contact us to help ease the pressure.



0333 332 4753



07860 026657



dohel.firststeps.surrey@nhs.net

First Steps to Support is available:

Mon, Tue, Wed, Fri 9.30am - 4pm

Thur 10am - 8pm

Sat 9am - 1pm



SURREY
COUNTY COUNCIL

First Steps to Support is a free phonenumber to help those facing life's stresses and looking to improve their mental wellbeing.

The friendly staff at **First Steps to Support** are here to:

- Understand what's on your mind, what's troubling you, and what you would like to be different.
- Work with you to explore the best way of helping you.
- Guide you to the right support to lighten the load, help you cope better and enjoy life again.

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Visit:
healthysurrey.org.uk/firststepsphonenumber

The service is available for anyone 18 years or over living in Surrey.