

# COVID-19 UPDATE



uncertainty  
**Stressed?**  
isolation  
Stay home  
**Worried?**  
uncertainty  
isolation  
**Anxious?**  
isolation  
uncertainty  
**Depressed?**  
Social distancing  
Concerned for you mental well-being?

## We are still here to help!

We know this is a challenging time for many.  
Our therapists are providing telephone CBT.

This will give you tools to manage your  
mental well-being at this difficult time.



All for FREE, as we are funded by the NHS.

**Contact us today to find out more:**

(must be 18+ and registered to a GP in Surrey)



**Guildford & Waverley:** Call: 01483 570765, Email: [guildford@centreforpsychology.co.uk](mailto:guildford@centreforpsychology.co.uk)

**Surrey Heath:** Call: 01276 423020, Email: [camberley@centreforpsychology.co.uk](mailto:camberley@centreforpsychology.co.uk)

**East Surrey:** Call: 01737 306020, Email: [eastsurrey@centreforpsychology.co.uk](mailto:eastsurrey@centreforpsychology.co.uk)

**Surrey Downs:** Call: 01372 610650, Email: [surrey@centreforpsychology.co.uk](mailto:surrey@centreforpsychology.co.uk)

**North West Surrey:** Call: 01932 506510, Email: [nwsurrey@centreforpsychology.co.uk](mailto:nwsurrey@centreforpsychology.co.uk)