



Life getting tough?

Feeling stressed, worried, irritable or down?
Money worries? Finding it hard to sleep?
Caring for others and no time for yourself?

**Contact First Steps to Support
to help ease the pressure.**

Phone: 0333 332 4753

Text: 07860 026657

Email:

dohel.firststeps.surrey@nhs.net



SURREY
COUNTY COUNCIL

First Steps to Support is a free phoneline 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.

First Steps to Support is available:

Monday 8am-3pm

Tuesday 9am-4pm

Wednesday 10am-5pm

Thursday 9am-7pm

Friday 10am-2pm

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The service is available for anyone over 18 years living in the borough of Guildford.