



For further information please contact:

Surrey Adult Learning Customer Service Team

Tel: 0300 200 1044

Email: adultlearning@surreycc.gov.uk

SMS: 07527 182 861

Textphone (via Text Relay): 18001 0300 200 1044

www.surreycc.gov.uk/adultlearning

National Careers Service

The National Careers Service provides access to free, impartial, professional advice on careers, skills and the job market

<https://nationalcareersservice.direct.gov.uk/>

Tel: 0800 100 900



Updated April 2020

Surrey County Council's Adult Learning service offers a variety of daytime courses specifically for adults with mild to moderate mental health difficulties. Our Passport to Wellbeing programme enables you to participate in a course for two hours a week to support your wellbeing.

More information is available in our Passport to Wellbeing leaflet which is available at all our Adult Learning Centres and at <https://www.surreycc.gov.uk/schools-and-learning/adult-learning/passport-to-wellbeing>.

Once you have started a course, you will be eligible to continue on to further dedicated courses over three terms. Afterwards, when you feel ready to learn in a more open environment, you may progress on to two courses of your choice from the main adult learning programme.

The purpose of this leaflet is to provide you with information to extend your learning, either by progressing to a different course with us, or by going to specialist organisations.

Towards the end of each of your courses, we will advise you on which further courses are available to you. When you are ready to progress

on to courses on the main programme, you will find details of all our courses in the brochures that are available in each of our centres, and online at <https://adultlearning.surreycc.gov.uk/page/findcourse>.

Other education providers

Guildford College	01483 448585	www.guildford.ac.uk
Brooklands College	01932 797700	www.brooklands.ac.uk
Nescot	0208 394 3038	www.nescot.ac.uk
East Surrey College	01737 772611	www.esc.ac.uk

Surrey Libraries

Surrey Libraries offer a range of books as part of their Read Yourself Well collection covering topics like anxiety and depression, eating disorders and panic attacks.

<https://www.surreycc.gov.uk/people-and-community/libraries>

They are well-equipped with computers and software and you can access many of the online resources at home with your library card number. It is free and simple to join at your local library or you can apply online at www.surreycc.gov.uk/libraries.

Specialist providers for mental health recovery

Recovery Colleges in Surrey and North East Hampshire are designed to support people in their recovery and they help people improve their health and wellbeing through courses on a range of mental and physical health conditions. The colleges are a partnership involving voluntary, NHS and local authority organisations.

www.sabp.nhs.uk/recovery/recovery-college

Lead providers and safe havens for mental health support

Surrey County Council and the Clinical Commissioning Groups work with voluntary sector organisations to provide support in the community. <http://communityconnectionssurrey.com>

Online support and information

Big White Wall <https://www.bigwhitewall.co.uk>
free mobile app with helpful resources to support mental health

Catalyst
<https://www.catalystsupport.org.uk>

Healthy Surrey
<http://www.healthysurrey.org.uk/your-health/mental-wellbeing>

Mental Health Today
<https://www.mentalhealthtoday.co.uk/mht/default.aspx>

Mind
<http://www.mind.org.uk>

Moodgym <https://www.moodgym.com.au>
Free training programme for cognitive behavioural therapy techniques to help cope with feelings of depression & anxiety

Outline Surrey <https://www.outlinesurrey.org>
Lesbian, gay, bisexual, & transgender support, guidance, information and advice

Rethink
www.rethink.org

Richmond Fellowship
www.richmondfellowship.org.uk

Surrey and Borders NHS Trust
<https://www.sabp.nhs.uk/our-services/mental-health>

Surrey Information Point
<https://www.surreyinformationpoint.org.uk>

We are with you
<https://www.wearewithyou.org.uk>