

Service provided by

 **MINDLER**






*Previously known as ieso*

**NHS**

Surrey  
Talking Therapies

# *Free online therapy available in Surrey*

Constant feelings of *anxiety, stress*  
or *low mood* are signs of needing  
more support

-  Self-refer for quick access,  
no need to see your GP
-  Speak to a fully qualified  
CBT therapist within days,  
no wait times
-  100% confidential
-  Supports feelings of  
anxiety, stress and low mood
-  Flexible appointments  
6am - 11pm, 7 days a week



*To self-refer:* scan the QR code,  
text **TYPE** to **66777**, or visit:

[mindler.co.uk/surrey](https://mindler.co.uk/surrey)

