



Tell us about...

Your mental health experience

Healthwatch Surrey is supporting the NHS and social care in helping them to understand what is working well and not so well for local people in health and social care services during the COVID-19 pandemic.

We would like to hear about all your health and care experiences during this time whether it is COVID-19 related or non-related.

- Has your mental health been affected during the pandemic, how?
- Have you been able to access mental health support during this time?
- Did you know where to go to access information about support and how easy was it to get support?

*These are just some examples, please share other experiences with us too

Ways you can provide feedback:



You can send us your experience freepost at:
Freepost RSYX-ETRE-GXBY, Healthwatch Surrey,
Room GF2, Astolat, Coniers Way, Guildford, GU4
7HL



Telephone: 0303 303 0023 (local rate number)



Text (SMS): 07592 787533



WhatsApp: 07508 715719



Visit: [www.healthwatchsurrey.co.uk/your-views/
share-your-experiences/](http://www.healthwatchsurrey.co.uk/your-views/share-your-experiences/)



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