

## Support Us

There are many ways to support us. You can donate directly, take part in a challenge event or fundraise for us.

To find out how you can help, visit our website or contact our Fundraiser.

[maryfrancestrust.org.uk/  
support-us](http://maryfrancestrust.org.uk/support-us)

E: [charlotte@maryfrancestrust.org.uk](mailto:charlotte@maryfrancestrust.org.uk)  
Tel: 01372 375 400 - ext. 103



## Volunteering

Volunteers are vital for us as they help us deliver our services and contribute to running the organisation. To get involved, check our website or contact our Volunteers Co-Ordinator.

[maryfrancestrust.org.uk/  
support-us/volunteer](http://maryfrancestrust.org.uk/support-us/volunteer)

E: [anna@maryfrancestrust.org.uk](mailto:anna@maryfrancestrust.org.uk)  
Tel: 01372 375 400 - ext.105

## Contact Us

Tel: 01372 375 400  
Text: 07929 024 722  
E: [info@maryfrancestrust.org.uk](mailto:info@maryfrancestrust.org.uk)

[www.maryfrancestrust.org.uk](http://www.maryfrancestrust.org.uk)

23 The Crescent  
Leatherhead  
KT22 8DY

MFT is the lead for Community Connections Mental Health Service for Surrey Downs Integrated Care Partnership.

[www.communityconnectionssurrey.com](http://www.communityconnectionssurrey.com)



@cc\_surrey

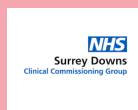


@MaryFrancesTrst



Mary Frances Trust

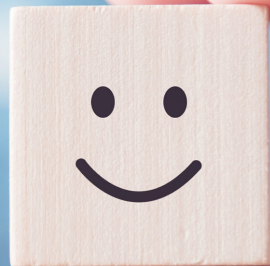
Funded by:



Inspiring Mental Wellbeing

## Looking for support?

## We're here for you!



Registered Charity: 1055113  
Company Limited by Guarantee: 3189443

# About Us

We're Mary Frances Trust (MFT), a mental health and emotional wellbeing charity, supporting people in Surrey since 1994.

We offer a variety of services, available to adults (16+) who would like to restore and/or maintain their mental and emotional wellbeing (no diagnosis needed).

We currently run services in Mole Valley, Epsom & Ewell, Banstead and Elmbridge.

Our services are mostly free of charge.

"MFT has enabled me to gain strength from others coping with similar difficulties in life. It is a real blessing to me to have found out about it."



# Our Services

Include:

- Individual support and goal setting
- Wellbeing Advice and Information
- Wellbeing courses
- Activities and interest groups
- Peer Support and Self-Help groups
- Co-production
- Crisis Support (Safe Haven)
- Volunteering

## Safe Haven

A supportive environment for people in mental and/or emotional crisis.

Our Safe Haven is open 6pm-11pm every evening of the year at:

The Larches  
44 Waterloo Road  
Epsom  
KT19 8EX



To find out more visit:  
[maryfrancestrust.org.uk/how-we-help/safe-haven](https://maryfrancestrust.org.uk/how-we-help/safe-haven)

"I've been attending the Art Group and am beginning to re-gain some lost confidence and courage. The staff and volunteers have been very helpful and encouraging."



## Accessing our Services

- You can register with us directly on our website:  
[maryfrancestrust.org.uk/register](https://maryfrancestrust.org.uk/register)
- Or you can be referred by your GP, mental health team or any another organisation.
- Once we have received your registration form, we will contact you within two working days to arrange an informal meeting at a venue convenient to you. Telephone appointments are available, if needed.
- During our initial meeting, we will discuss your individual needs and how we can support you.
- You can use our services as long as you need and register again at any point.