

Mental Health and Wellbeing Support for 11–18-year-olds in East Surrey

Find help and support for your mental health and wellbeing in East Surrey. This page covers services available in Redhill, Reigate, Horley, Merstham, and Tandridge.

Through the Mental Health Investment Fund (MHIF) Grant Programme—delivered by VASE with support from NHS Surrey Heartlands—organisations and individuals across East Surrey are providing non-clinical, community-based activities that help young people aged 11–18 thrive.

These services range from creative arts and sports to peer mentoring and group wellbeing sessions. They're designed to be inclusive, engaging, and approachable—especially for young people who may find traditional clinical services daunting or unfamiliar. **The services listed do not require a professional referral.**

This information might be useful for:

- Parents and carers
- Schools and education providers
- Referral partners and practitioners
- Children and young people's services

Individual mental health and wellbeing support:

Project	Start date	Description	How to book or get more info
Learning Space - Young Person Link Worker	May 2025	Individual support for young people from 11 to 18 years who are struggling to manage big feelings, have low self-esteem or going through a difficult time.	To refer yourself to the service, please complete this form . For more information, please contact sue.white@learningspace.org.uk



Jigsaw - 121 Support for Bereaved Young People	October 2025	This project provides one-to-one and small group bereavement support for 11–18-year-olds across East Surrey. A Specialist Bereavement Support Worker will tailor support to the needs of each young person. Referrals will be accepted from October onwards.	Email us at info@jigsawsoutheast.org.uk or visit www.jigsawsoutheast.org.uk
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Group activities or support groups:

Project	Start date	Description	How to book or get more info
Merstham Youth Cafe	September 2025	The Youth Café is for students in Year 6-13. The café provides a safe space where young people would feel welcome and free to talk with each other and with the adult volunteers. There would be board games, console-based games, arts and craft for fun and for mindfulness and wellbeing. Timings below: September until October half term: September 2nd, 3rd and 4th and then will run every Wednesday and Thursday (3-4.30pm) in the outdoor marquee at All Saints Church. November and December: Details to be confirmed	For more information, please email paul@mgtmchurches.org
Alliance for Better Care - Mental health workshops and peer support group	September 2025	Offering workshops, peer support groups and social activities to support young people with their mental health and wellbeing. Sessions will be themed around emotional regulation, self-care, mindfulness, stress management, coping skills and neurodivergence. Upcoming activities: <ul style="list-style-type: none"> Anxiety workshops groups: age 8 - 12 Anxiety workshop groups: age 13 - 17 Gardening Groups/Crafts: age 12 - 16 Social Groups: age 12 - 16 	More information to follow.
The Teen Project – Confidence Course	September 2025	A powerful 6-week course designed to transform girls’ confidence, emotional resilience, and self-worth. Through personalised mentoring, dynamic group workshops, and ongoing support via a bespoke online platform, girls are empowered to take control of their mental well-being and develop lifelong tools to thrive inside and outside of school. This is a	emily@theteenproject.co.uk or visit the website www.theteenproject.co.uk



		closed programme available exclusively to students at Carrington School and Merstham Park School. Referrals are managed internally via the schools' pastoral or wellbeing teams.	If you're looking for support with teenage girls around confidence, resilience, or emotional well-being in your school or community setting, please get in touch.
Hazel Ashby Coaching - Boosting Self-Confidence	Second week of September 2025	A six-week course for students at Oakwood School, promoting positive self-esteem and self-confidence; discovering personal skills and talents and how to use them; well-being and self-care; and standing firm in the face of anxiety.	Contact: enquiries@hazelashby.co.uk or via the website www.hazelashby.co.uk/contact
YMCA East Surrey's - Emotionally Based School Non-Attendance project	July 2025	YMCA East Surrey are working with students at Oxted School and Wallington School who are having difficulties in attending school due to emotional reasons. The 8-10-week sessions are carried out with students to understand the challenges young people are experiencing and providing them with the tools to help manage them.	For more information, please contact Gemma.Gay@ymcaeast Surrey.org.uk
Head2Head Sensory Theatre		Weekly drop-in sessions for ages 11-18 with additional or special educational needs offer a relaxed, inclusive space to connect and grow. Held in a large studio and café/kitchen, the sessions feature activities like dance, drumming, games, cookery, art, and drama—each designed to support wellbeing, creativity, and social skills. The programme encourages friendships, self-expression, and confidence while helping young people explore interests and build practical life skills in a supportive environment.	



Wellbeing support involving exercise:

Project	Start date	Description	How to book or get more info
Freedom Leisure – Yogalates for teachers and students at de Stafford school	May 2025. Student yogalates is paused for the summer holidays and will restart in September 2025.	<p>Yogalates for de Stafford school staff: a mix of Pilates and yoga classes to reduce stress and improve focus. Timing: Tuesdays at 7.15-8am at de Stafford Sports Centre – Studio 1 (Classes are running throughout the summer too)</p> <p>Yogalates for de Stafford school students: a mix of Pilates and yoga classes to support with their wellbeing. Timing: Wednesdays, 3.45-4.30pm starting in September at de Stafford Sports Centre</p>	Open to students at de Stafford school. To book a space, book (up to 7 days in advance) at the Sports Centre Reception or by calling 01883 716717 option 2

Nature and animal-based activities:

Project	Start date	Description	How to book or get more info
Viewpoint Centre – ReStart Course	July 2025	The ReStart Course supports young people facing mental health challenges that lead to isolation and disengagement from education. The course runs on a rolling basis, with flexible scheduling to suit families. All five sessions must take place within two weeks to support the successful habit-changing, intensive structure. Families attend alongside their child—observing and taking part in supportive, non-horse-based simulations while schools are actively involved, attending at least one session to help build a bridge back into education.	<p>info@viewpointcentre.org or visit www.viewpointcentre.org</p> <p>Contact number: 0300 7729692</p>



<p>Embrace Adventures – The Wild Swim Project</p>	<p>September 2025</p>	<p>Free introductory open water swimming for young people (11-18 year olds) to support with their mental health and wellbeing. Sessions are for young people and their parent or carer. The aim to help young people with mild to moderate mental health needs and their parents or carers to get outside into nature and do an activity together. The 1 hour session will cover top tips for swimming in open water swimming, share homemade cake, support with getting into the water and provide all the safety equipment you need. There are 2 sessions being organised at Mercers Lake Country Park in Redhill:</p> <ul style="list-style-type: none"> • Sunday 21st Sept 9-10am • Saturday 4th Oct 8-9am 	<p>To register, please follow this link</p> <p>For more information, Jude (07946 637584) or Paul (07930304312) or email embraceadventurescic@gmail.com</p>
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