

Next Steps Depression Support

Next Steps is a self-help support service for people in Woking, Runnymede and surrounding areas who are affected by depression.

The service provides vital information about depression, as well as the support and encouragement often necessary for people to be able to take their own steps towards increased emotional well-being.

All Next Step groups and services are free of charge.



Next Steps is a CornerHouse project and has received generous support and funding from the following:



Useful telephone numbers

CornerHouse Runnymede
01932 568091

CornerHouse Woking
01483 757461

Counselling Partnership
01932 244070

Open Door Counselling
01483 224752

Depression Alliance
0845 123 23 20

Rethink Carers Support
01483 724244

The
Samaritans
08457 90 90

jo@samaritans.org
www.samaritans.org



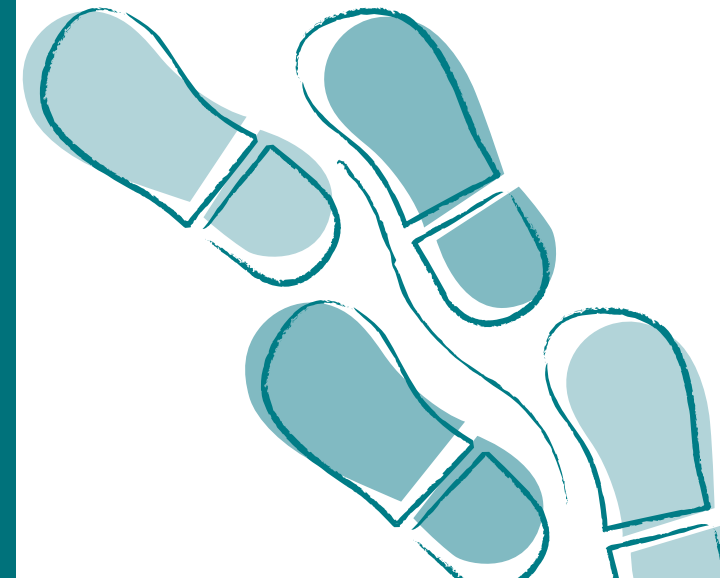
**Woking, Runnymede and
surrounding areas**

**Feeling Depressed?
Struggling on your own?
Don't know where to turn?
Need information?
Want to move forward?**

Contact us:

01483 757461

info@nextsteps.me.uk



...Woking, Runnymede and surrounding areas...

Next Steps is a support service for people affected by depression. We can offer you:

- a depression support worker
- information about depression
- introductory one-to-one chats
- signposting to help you find what help may be available to you
- support and encouragement to take your next steps towards increasing your emotional well-being
- help to build exercise into your life
- weekly walks
- social activities, and meetings with speakers on topics of interest
- a welcoming place where you will be listened to and respected by people who understand how it feels to be depressed.

If you are interested in coming along, or would like further information then please call:

01483 757461

Depression Support Worker

CornerHouse employ a depression support worker to manage the Next Steps project, and to provide introductory one-to-one chats, information, signposting, support and encouragement.

Walking for Health

Next Steps host weekly Walks for Health in Woking and Runnymede. These walks are part of the national Walking for Health scheme which aims to encourage people of all ages to take part in local walks.

The walks last for about an hour and are on fairly flat ground, and always finish back at the starting point.

The walks take place every **Wednesday (10.45am for a 11.00am start)**, For up-to-date information see our Walking for Health Blog www.walkwoking.wordpress.com

Next Steps

CornerHouse
2 Courtenay Road
Woking Surrey
GU21 5HQ
Telephone 01483 757461
info@nextsteps.me.uk
website www.nextsteps.me.uk

Group Meetings

- A safe place in which to be listened to with respect and understanding, and in confidence.
- An opportunity for emotional, practical and social support.
- A chance to share information

Tuesdays 7.00pm – 9.00pm

CornerHouse, Woking

Wednesdays 7.30pm – 9.00pm

1st and 3rd weeks – Virginia Lodge, 68 Station Road, Egham TW20 9LF.

2nd and 4th weeks – Addlestone Community Centre, Garfield Road, Addlestone KT15 2NJ.

Thursdays 1.00pm – 2.30pm

CornerHouse, Woking

Fridays 9.30am – 11.30am

(During term time only)

Parkview Centre, Sheerwater, Woking GU21 5NZ.

