

**IT'S TIME  
TO TALK**



**West Sussex  
Talking Therapies**



## **IT'S TIME TO TALK ABOUT YOUR MENTAL HEALTH.**

If you're worried, anxious or stressed, we can help. We are a free talking therapies service for West Sussex residents aged 18+.

Part of Sussex Community NHS Foundation Trust

1 in 4 people will have a mental health problem in England every year. You're not alone, and we're here to help.

## **HOW DOES IT WORK?**

After your assessment, we will recommend next steps for you, either from the range of treatments we offer or another service.

Treatments include:

- **An online self-help programme supported by one of our clinicians**
- **Group sessions face-to-face or by video call**
- **One-to-one sessions by telephone, video call or in person, at venues across West Sussex**

## **WHAT WE OFFER**

Our friendly therapists offer guided self-help, cognitive behavioural therapy (CBT) and counselling.

We have appointments and courses available from 8am to 6.45pm.

We aim to help you through therapy and resources that will support you during treatment and after treatment.

Our specialist employment team can help you with work-related issues, whether you're in work or looking for work.

We may point you towards other services, resources and websites, including local wellbeing services.

Our long-term health conditions team can help if you're struggling with severe asthma, COPD, diabetes, IBS, a heart condition, long covid, or MSK conditions.

# WE CAN HELP IF YOU'RE STRUGGLING TO COPE WITH:

- Anxiety and worry
- Stress
- Depression or low mood
- Obsessive compulsive disorder (OCD)
- Panic attacks
- Phobias
- Post-traumatic stress disorder (PTSD)



## NEXT STEPS

If you are registered with a GP in West Sussex you can contact us. You can call us, self-refer online or speak with your GP or healthcare professional.

**We are not a crisis service and we are not able to provide crisis support.**

Feeling unable to cope, worried you may hurt yourself or somebody else and/or experiencing suicidal feelings?

### For immediate help

- If your life - or someone else's life - is in immediate danger, please call 999 or go to A&E.

### For same or next day help

You can get help with your mental health in different ways depending on what you prefer. All services are free.

- Call NHS 111 and select the mental health option (also known as the Sussex Mental Healthline) or the Samaritans on 116 123 (both available 24/7).
- Visit a Staying Well service (out-of-hours mental health crisis support service for people aged 18+ available in Crawley and Worthing).
- Text the word SUSSEX to 85258 (24/7 mental health text-messaging support service).
- Download the Stay Alive app - a suicide prevention resource full of useful information and tools to help you stay safe in crisis.

## CONTACT US

- ☎ 01903 703540
- @ sc-tr.timetotalk-south@nhs.net
- 🌐 Self-refer online at:  
[westsussexalkingtherapies.nhs.uk](https://westsussexalkingtherapies.nhs.uk)
- 🗣 Or speak with your GP
- ✂ @scft\_timetotalk



## GET THE BEST FROM YOUR NHS

If you need advice about our services, facilities or staff, or would like to make a comment, please contact Patient Advice and Liaison Services (PALS). Call PALS on 01273 242292 or email [sc-tr.pals@nhs.net](mailto:sc-tr.pals@nhs.net)

Please ask any member of the team caring for you if you need help understanding this leaflet, or if you need the information provided in an alternative format. This includes translations, large print, Braille, easy read, on audio tape, or via email.