

## Mental Wellbeing

### Time to Talk (IAPT, Talking Therapies, Cognitive Behavioral Therapies)

Trained practitioners to help you understand and find ways of tackling, coping and working out life's problems, including stress, anxiety, panic attacks, depression, obsessions, anger, difficulty coping, relationship difficulties, loss and bereavement. They can also help with long term physical health conditions including Diabetes, Chronic Fatigue, Fibromyalgia, Irritable bowel syndrome, Stroke, Chronic Pain, Weight difficulties. A range of options include individual or group sessions, workshops and interactive computer programmes.

- ☎ Bognor & Chichester 01273 265967      Worthing 01903 703540
- ☎ Crawley & Horsham 01403 227048      Midsussex 01444 251084
- ☎ <http://www.sussexcommunity.nhs.uk/services/servicedetails.htm.DirectoryID-16358>

### FindItOut

<https://www.westsussex.gov.uk/education-children-and-families/your-space/life/finditout-centres/>

### Reading Well – Books on Prescription

Self-help books for managing common conditions. Please visit your local library or visit the website below.

- ☎ [www.reading-well.org.uk](http://www.reading-well.org.uk)

### Mindfulness

Meditation exercises to enable you to pay attention to the present moment, helping you become more aware of your thoughts & feelings. Proven to help stress, anxiety, depression, fatigue & sleep problems, addictions, relationship problems, and even physical problems like heart disease, hypertension and chronic pain.

- ☎ [www.headspace.com](http://www.headspace.com)      [www.bemindful.co.uk](http://www.bemindful.co.uk)      [www.mindfulness.org](http://www.mindfulness.org)

### Mind

Provide advice and support to empower anyone experiencing a mental health problem

- ☎ 0300 123 3393      ☎ [www.mind.org.uk](http://www.mind.org.uk)

### Mental Health Crisis

For support in a mental health crisis and to prevent self-harm or suicide (in an emergency call 999 or 111)

- ☎ [www.maytree.org.uk](http://www.maytree.org.uk)      ☎ 020 7263 7070
- App [www.prevent-suicide.org.uk/stay\\_alive\\_suicide\\_prevention\\_mobile\\_phone\\_application.html](http://www.prevent-suicide.org.uk/stay_alive_suicide_prevention_mobile_phone_application.html)

### Sussex Mental Health Line

☎ 03005000101 (24-hr available helpline)

### Relate

Counselling, support and information for all relationships

- ☎ 0300 100 1234      ☎ [www.relate.org.uk](http://www.relate.org.uk)

### Samaritans

Someone who will listen to you and will help you talk through your concerns, worries and troubles

- ☎ 116 123      ☎ [www.samaritans.org](http://www.samaritans.org)

### Cruse Bereavement Care

Provide support and care after a bereavement

- ☎ 0808 808 1677      ☎ [www.cruse.org.uk](http://www.cruse.org.uk)

### Citizens Advice

Offer free, independent, confidential and impartial advice to help people resolve numerous issues that may be affecting your mental wellbeing, including advices on benefits, work, finance, consumer, relationship, housing, discrimination, tax, education, healthcare and legal issues.

- ☎ 03444 111 444 (National)      0344 477 1171 (SUSSEX)
- ☎ <http://www.cassca.org.uk> (Sussex)
- [www.adviceguide.org.uk](http://www.adviceguide.org.uk)

### Other Resources

- ☎ [www.patient.co.uk](http://www.patient.co.uk)      [www.nhs.uk/moodzone](http://www.nhs.uk/moodzone)      [www.ntw.nhs.uk/pic/selfhelp](http://www.ntw.nhs.uk/pic/selfhelp)
- [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)      [www.moodjuice.scot.nhs.uk](http://www.moodjuice.scot.nhs.uk)      [www.youngminds.org.uk](http://www.youngminds.org.uk)
- [www.beatingtheblues.co.uk](http://www.beatingtheblues.co.uk)      [www.nopanic.org.uk](http://www.nopanic.org.uk)