

Mental Health Crisis

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 for 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.

West Sussex Talking 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.

<https://www.westsussexalkingtherapies.nhs.uk/>

Phone: 01273 265967

For support from the Long term Health Conditions Team phone: 01273 666480

Children and Families

This is the new 'Single Point of Access' (SPOA) page to help young people in West Sussex gain access to the best possible support.

<https://e-wellbeing.co.uk/support/>

Insomnia

Sleepio is a six-week clinically proven programme used to treat insomnia, available free on the NHS.

www.sleepio.com

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

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

<https://www.bemindfulonline.com/>

Mind

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

0300 102 1234

www.mind.org.uk

Relate

Counselling, support and information for all relationships

0300 100 1234

www.relate.org.uk

Cruse Bereavement Care

Provide support and care after a bereavement

0808 808 1677

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.

Adviceline (England): 0800 144 8848

Relay UK - if you can't hear or speak on the phone, type what you want to say: 18001 then the Adviceline or Advicelink number

www.citizensadvice.org.uk