MENTAL WELLBEING

Support and advice for your mental health

Mental Health Crisis

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

For immediate help: if your life, or someone else's life, is in immediate danger, 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 (the Sussex Mental Healthline), or call the Samaritans on **116 123**. Both are available 24 hours a day, 7 days a week.
- Prefer not to phone? Use the NHS 111 online mental health checker.
- Text **SUSSEX** or **SHOUT** to **85258** for free mental health text support (Shout), 24 hours a day, 7 days a week.
- **CALM** (adults aged 18 and over): call **0800 58 58 58** from 5pm to midnight every day, or use web chat or WhatsApp. thecalmzone.net
- **Childline** (under 19s): call **0800 1111** or chat online. childline.org.uk
- Visit a **Staying Well** service. These offer out-of-hours support for people in mental health crisis.
  - **Crawley** (adults aged 18 and over): open 3pm to midnight every day. Phone 07920 387274. waythrough.org.uk
  - **Worthing:** open Monday to Friday 5pm to 10.30pm, and Saturday and Sunday 3pm to 10.30pm. Phone 01903 268107. westsussexmind.org
- Download the **Stay Alive** app, a free suicide prevention resource with information and tools to help you stay safe in a crisis. prevent-suicide.org.uk

West Sussex Talking Therapies

Trained practitioners help you understand and find ways of tackling, coping with 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 and weight difficulties. Options include individual or group sessions, workshops and interactive computer programmes.

You can refer yourself online if you are 18 or over and registered with a West Sussex GP. You do not need to see your GP first. This is not a crisis service.

Website: westsussextalkingtherapies.nhs.uk

Phone: 01273 265967 (Monday to Friday, 9am to 4.45pm)

Long Term Health Conditions Team: 01273 666480

Children and Families

The West Sussex Single Point of Access (SPoA) helps children and young people aged 4 to 17 who are struggling with their emotional wellbeing or mental health to get the right support. Young people, parents, carers and professionals can make a referral online.

Website: e-wellbeing.co.uk/support

Reading Well: Books on Prescription

Self-help books for managing common mental health conditions. Visit your local library or the website below.

Website: reading-well.org.uk

Mindfulness

Mindfulness exercises help you pay attention to the present moment and become more aware of your thoughts and feelings. They can help with stress, anxiety, low mood and sleep problems.

Headspace: headspace.com (a paid subscription app)

Be Mindful: bemindfulonline.com

Mind

Advice and support for anyone experiencing a mental health problem.

Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm, excluding bank holidays)

Website: mind.org.uk

Relate

Counselling, support and information for all relationships.

Phone: 0300 100 1234 (Monday to Thursday 9am to 7pm, Friday 9am to 5pm)

Website: relate.org.uk

Cruse Bereavement Support

Support and care after a bereavement.

Phone: 0808 808 1677

Website: cruse.org.uk

Citizens Advice

Free, independent, confidential and impartial advice on issues that may be affecting your mental wellbeing, including benefits, work, finance, consumer rights, relationships, housing, discrimination, tax, education, healthcare and legal matters.

Adviceline (England): 0800 144 8848 (usually Monday to Friday, 9am to 5pm)

Relay UK: if you cannot hear or speak on the phone, type what you want to say by dialling 18001 then 0800 144 8848.

Website: citizensadvice.org.uk