

## Time to Talk

Feeling stressed, anxious or depressed?

We can help... and you can start to feel better



To book or re-schedule appointments:

Call **01403 620434**

Self-referral [sussexcommunity.nhs.uk/ttt](http://sussexcommunity.nhs.uk/ttt)

or **Speak with your GP**

## If you are at risk of harming yourself or need urgent help

- Contact your GP immediately
- Go to A&E – in an emergency, or outside of office hours
- Download the Stay Alive App  
Available on iPhone and Android
- Call The Samaritans  
24/7 on 116 123
- Call Sussex Mental Health Line  
24/7 on 0300 5000 101

## Do you have a comment or concern about an NHS service?

Our patient advice and liaison service (PALS) can help patients, families and carers with questions, comments or concerns about NHS services. If you need advice about our services, facilities or staff, or would like to make a comment, please contact PALS at:

PALS - Service Experience Team  
Elm Grove Brighton BN2 3EW  
01273 242292  
[sc-tr.PALS@nhs.net](mailto:sc-tr.PALS@nhs.net)  
[sussexcommunity.nhs.uk/pals](http://sussexcommunity.nhs.uk/pals)

Please ask any member of the team caring for you if you need this information in large print, Braille, easy read, audio tape, email. Or if you need help with understanding this information or require this in a language that is not English.

## What do I do now?

If you are registered with a GP in Crawley or Horsham phone **01403 620434**.

To book an assessment, self-refer online at [www.sussexcommunity.nhs.uk/ttt](http://www.sussexcommunity.nhs.uk/ttt) or **Speak with your GP**.

Calls are answered from 9am till 5pm Monday to Friday. You can leave a message out-of-hours and we will get back to you as soon as possible.

## What will happen when I call?

- We will ask you a few questions such as your name, address and contact details
- We will arrange a time for a telephone assessment, if we think we can help
- We will post or email you information and a few questions for you to think about before your assessment
- We will tell your GP you have contacted us

## What will happen at the assessment?

We will discuss confidentiality, the difficulties you are having and treatment options. We will agree what happens next.



*Excellent care at the  
heart of the community*

## About Time to Talk

We are the talking therapies service run by Sussex Community NHS Foundation Trust. We serve the population of West Sussex.

Talking therapies can really help you with anxiety and depression.

We offer a free and confidential service to people aged 18 and over who are registered with a local GP.

Our counsellors and therapists are available at local centres and GP surgeries and can support you over the phone.

If you are registered with a GP in West Sussex you can refer yourself. You don't have to come via your GP. Read on for details.

## What we can help with

- Anxiety and worry
- Depression and low mood
- Stress
- Panic attacks
- Phobias
- Post-Traumatic Stress Disorder (PTSD)
- Obsessive Compulsive Disorder (OCD)
- Sleep problems
- Self-esteem and confidence
- Assertiveness skills

## How we do this

### Guided self-help

For people with mild to moderate depression or anxiety. Based on cognitive behavioural therapy (CBT), a way of looking at how your thoughts and behaviours influence your moods using self-help materials. We provide:

- Individual sessions over the phone or face-to-face
- Booklets, recommended reading and online learning

### Group courses

We provide courses and workshops to give you skills and strategies for living well.

### Information

We can point you towards other organisations, services and websites. We can tell you about local wellbeing services to help you with exercise, diet and health.

### Employment advice & support

We can support you to stay in work or resolve work problems. We can also support you to get back into work.

## Talking therapies

For people with moderate anxiety or depression.

### Cognitive behavioural therapy (CBT)

Helps people with anxiety, depression and other problems. Focuses on how your thoughts and actions influence the way you feel. Offers skills and strategies to help you improve your mood. We provide:

- A ten-week group course
- Individual sessions with a therapist
- Mindfulness-based cognitive therapy (MBCT)

### Counselling

Talk with someone who can listen and support. Explore and understand why life is difficult and work together to achieve change. Can help with:

- Depression
- Family and relationship difficulties
- Coping with the consequences of abuse, injury or illness