IT'S TIME TO TALK HEALTH

NHS
West Sussex
Talking Therapies

IT'S TIME TO TALK ABOUT YOUR HEALTH

If you've got severe asthma, diabetes, COPD, long covid, MSK problems, IBS or a heart condition and it's making you worried, anxious or stressed, we can help. You can self-refer online or over the phone.

westsussextalkingtherapies.nhs.uk
01273 666480

Part of Sussex Community NHS Foundation Trust