

**IT'S TIME
TO TALK**



**West Sussex
Talking Therapies**



**IT'S TIME TO TALK ABOUT
YOUR MENTAL HEALTH**

If you're worried, anxious or stressed, talking therapies can help. You can self-refer online or over the phone - you don't have to let your GP know first.

**westsussexalkingtherapies.nhs.uk
01273 265967**

Part of Sussex Community NHS Foundation Trust