



IT'S TIME TO TALK ABOUT YOUR HEALTH.

We are a free talking therapies service for West Sussex residents aged 18+ who need support for anxiety and depression in long-term health conditions.

Part of Sussex Community NHS Foundation Trust

WE CAN HELP IF YOU'RE STRUGGLING TO COPE WITH:

- Severe or uncontrolled asthma
- IBS
- COPD
- Diabetes
- A heart condition
- Long covid
- Musculoskeletal conditions



We know that living with a long-term health condition can be difficult.

We understand that you may become worried, anxious or low in mood - which can make managing your health and wellbeing really hard.

HOW DOES IT WORK?

After your assessment, we will recommend next steps for you, either from the range of treatments we offer or another service.

Treatments include:

- An online self-help programme supported by one of our clinicians
- Group sessions face-to-face or by video call
- One-to-one sessions by telephone, video call or in person, at venues across West Sussex

NEXT STEPS

If you are registered with a GP in West Sussex you can contact us. You can call us, self-refer online or speak with your GP or healthcare professional.

We are not a crisis service and we are not able to provide crisis support.

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 with 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.

WHAT WE OFFER

Our qualified practitioners and therapists work with you and your healthcare team, to support you to:

Understand the impact of low mood or worries on your health and vice versa.

Overcome your fears, anxieties or low mood related to living with a long-term health condition.

Reduce the impact of your long-term condition on your day-to-day life and relationships.

Make and sustain healthier lifestyle changes, no matter how big or small.

Reduce the impact of your condition on your work or job hunt, including support from our specialist Employment Advisor.

CONTACT US

- ☎ 01273 666480
- @ sc-tr.LTCreferrals@nhs.net
- 🌐 Self-refer online at:
westsussexalkingtherapies.nhs.uk/health
- 🗨 Or speak with your GP or healthcare professional
- ✂ @scft_ttthealth

SCAN



GET THE BEST FROM YOUR NHS

If you need advice about our services, facilities or staff, or would like to make a comment, please contact Patient Advice and Liaison Services (PALS). Call PALS on 01273 242292 or email sc-tr.pals@nhs.net

Please ask any member of the team caring for you if you need help understanding this leaflet, or if you need the information provided in an alternative format. This includes translations, large print, Braille, easy read, on audio tape, or via email.