

PRIMARY CARE MENTAL HEALTH RESOURCE DIRECTORY

Self-help, self-referral and community support

For Glebe Surgery, Storrington; Billingshurst Surgery; and surrounding West Sussex communities

DRAFT FOR MANAGER AND WEB TEAM REVIEW

Prepared for the Emotional Wellbeing Service

Version 1.0 — August 2026

1. Purpose of this directory

This draft is designed to help GP reception teams, care navigators, administrators, referral staff, social prescribers, GPs and patients identify mental-health information, structured self-help, apps, groups and services that can usually be accessed without a GP referral. It is intended to be converted into a webpage using searchable or expandable drop-down menus.

It is not a diagnostic tool and does not replace clinical assessment. A person may still request an appointment or referral even if they have not tried self-help. Self-help should be offered as a choice, not used as a barrier to care.

How patients could use the webpage

- Choose the topic that best matches what is happening today.
- Open Information to understand the issue.
- Open Self-help for workbooks, online programmes and practical tools.
- Open Apps for clearly identified mobile applications.
- Open Community & local support for groups, helplines and self-referral services.
- Use Urgent support instead of self-help when safety cannot be maintained or help is needed quickly.

Suggested webpage labels

Label	Meaning
Website	Information or online resource
Workbook / handout	Downloadable structured self-help
APP	Mobile application; clearly identified as an app
Self-referral	The person can normally contact the service directly
Peer support	Support involving people with lived experience
Course / group	Educational, skills-based or mutual-support activity
Private / commercial	Charges, subscriptions or sales may apply

2. Urgent and emergency support

Immediate danger or life-threatening emergency: Call 999 or attend A&E. Do not rely on a website, app, text service or self-help guide.

24/7 urgent mental-health support

NHS 111 mental health option — Call 111 and select the mental-health option. Available to people concerned about themselves or someone else.

<https://www.sussexpartnership.nhs.uk/nhs-111-mental-health>

24/7 helpline

Samaritans — Call 116 123.

<https://www.samaritans.org>

24/7 text service

Shout / Text SUSSEX — Text SUSSEX to 85258.

<https://giveusashout.org>

Out-of-hours walk-in support

Staying Well services — Worthing and Crawley are the nearest West Sussex hubs; check current hours and access details.

<https://www.sussexpartnership.nhs.uk/your-mental-health/getting-help/staying-well-services>

APP and website

Stay Alive — Safety-planning and suicide-prevention resource.

<https://www.stayalive.app>

Helpline for under 35s

Papyrus HOPELINE247 — For young people experiencing suicidal thoughts and people concerned about them.

<https://www.papyrus-uk.org/papyrus-hopeline247/>

3. A-Z resource directory

The headings below are written as proposed drop-down menu titles. Where a topic overlaps another, the web team can add cross-links rather than duplicate every item.

ADHD

Information

Website	ADHD UK — UK information, advocacy and resources for adults and families. https://adhduk.co.uk
Website	ADDitude — Articles, webinars and practical ideas; commercial magazine, so use alongside NHS/clinical sources. https://www.additudemag.com
Website	ADHD Foundation — UK neurodiversity information and resources. https://www.adhdfoundation.org.uk
Website	Royal College of Psychiatrists: ADHD in adults — Clinically reviewed patient information. https://www.rcpsych.ac.uk/mental-health/mental-illnesses-and-mental-health-problems/adhd-in-adults
YouTube channel	How to ADHD — Accessible videos about living with ADHD. https://www.youtube.com/@HowtoADHD

Self-help

Downloadable PDF handout	Quick Access Resources for People with ADHD — Practice-held 28-page workbook covering executive functioning, motivation, organization, emotional regulation and rights.  Quick-Access-Resources-for-People-with-A
Website / worksheets	Get Self Help — CBT worksheets relevant to procrastination, perfectionism, planning and emotional regulation. https://www.getselfhelp.co.uk
Website / workbooks	CCI self-help resources — Workbooks on procrastination, perfectionism, self-esteem, worry and sleep. https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself
Website and app	Goblin Tools — Breaks tasks into smaller steps and offers practical executive-function tools. https://goblin.tools

Apps

APP and website

Goblin Tools — Task breakdown and planning.

<https://goblin.tools>

APP

Finch — Self-care, routines and gentle habit support.

<https://finchcare.com>

APP and website

Todoist — Task lists and reminders.

<https://todoist.com>

APP and physical timer

Time Timer — Visual representation of passing time.

<https://www.timetimer.com>

Community & local support

Self-referral service

Pathfinder West Sussex — Free adult mental-health and wellbeing support across West Sussex.

<https://www.pathfinderwestsussex.org.uk>

Self-registration courses

Sussex Recovery College — Free courses about mental health, wellbeing and self-management.

<https://www.sussexrecoverycollege.org.uk>

Downloadable PDF handout

West Sussex neurodevelopmental support directory — Practice-held local directory that also contains neurodivergence-related support.



NDS West Sussex
Sources of Support D

Related topics: use the A-Z menu and urgent-support section where appropriate.

Alcohol

Information

Website

Alcohol Change UK — Information about alcohol and changing drinking.
<https://alcoholchange.org.uk>

Website

Drinkaware — Units, risks, self-assessment and practical guidance.
<https://www.drinkaware.co.uk>

Book / website

Alcohol Explained — William Porter's accessible explanation of alcohol and dependence.
<https://alcoholexplained.com>

Online community / website

Sober Society — UK sober community and lifestyle content.
<https://sobersociety.co.uk>

Self-help

Website tools

Alcohol Change UK: alcohol and me — Self-help information and routes to support.
<https://alcoholchange.org.uk/help-and-support>

Website / peer meetings

SMART Recovery UK — CBT-informed tools and meetings for addictive behaviors.
<https://smartrecovery.org.uk>

Book / website

This Naked Mind — Commercial alcohol-change programme and educational content.
<https://thisnakedmind.com>

Apps

APP

Try Dry — Free official Alcohol Change UK app for tracking alcohol-free days, units and savings.
<https://alcoholchange.org.uk/help-and-support/managing-your-drinking/dry-january-app>

APP and website

DrinkCoach — Alcohol tracking, screening and coaching options.
<https://drinkcoach.org.uk>

Community & local support

Self-referral local service

West Sussex Drug & Alcohol Wellbeing Network (DAWN) — Current West Sussex drug and alcohol service information.
<https://www.westsussex.gov.uk/social-care-and-health/keeping-healthy-and-well/drug-and-alcohol-support/>

Peer support meetings

Alcoholics Anonymous Great Britain — Free peer-led 12-step meetings.

<https://www.alcoholics-anonymous.org.uk>

Peer meetings

SMART Recovery UK — Online and face-to-face recovery meetings.

<https://smartrecovery.org.uk>

Related topics: use the A-Z menu and urgent-support section where appropriate.

Anger

Information

Website

Mind: anger — Information about anger, causes and support.

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/anger/about-anger/>

Self-help

Website / worksheets

Get Self Help: anger — CBT-based anger worksheets.

<https://www.getselfhelp.co.uk/anger/>

Six-week supported self-help

Pathfinder supported self-help — Support focused on managing anger.

<https://www.pathfinderwestsussex.org.uk/find-support-menu/find-support>

Website / skills

Dialectical Behaviour Therapy — Free DBT skills for distress tolerance, emotion regulation and relationships.

<https://dialecticalbehaviorthrapy.com>

Community & local support

Self-referral

Pathfinder West Sussex — Information, supported self-help and community support.

<https://www.pathfinderwestsussex.org.uk>

Related topics: use the A-Z menu and urgent-support section where appropriate.

Anxiety

Information

Website

NHS Every Mind Matters — NHS advice and practical steps.

<https://www.nhs.uk/every-mind-matters/mental-health-issues/anxiety/>

Interactive self-help guide

NHS Inform anxiety guide — Structured guide for mild-to-moderate anxiety.

<https://www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/anxiety-self-help-guide/>

Self-help

Website / workbooks

CCI: anxiety and worry resources — Includes worry, social anxiety, panic and health-anxiety workbooks.

<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself>

Website / worksheets

Get Self Help — CBT-based information and worksheets.

<https://www.getselfhelp.co.uk/anxiety/>

Online CBT course

Living Life to the Full — Structured CBT-based life-skills courses.

<https://lltff.com>

Apps

APP

MindShift CBT — CBT tools for anxiety and worry.

<https://www.anxietycanada.com/resources/mindshift-cbt/>

APP

Clear Fear — Anxiety-management app, designed particularly for young people.

<https://stem4.org.uk/clear-fear/>

Community & local support

Self-referral

Pathfinder West Sussex — Includes supported self-help for anxiety and panic.

<https://www.pathfinderwestsussex.org.uk>

Self-registration courses

Sussex Recovery College — Free wellbeing and recovery courses.

<https://www.sussexrecoverycollege.org.uk>

Community mental-health support

West Sussex Mind — Local information, groups and support.

<https://www.westsussexmind.org>

Related topics: use the A-Z menu and urgent-support section where appropriate.

Autism

Information

Website

National Autistic Society — UK information and guidance.

<https://www.autism.org.uk>

YouTube / website

Autism from the Inside — Lived-experience educational content.

<https://autismfromtheinside.com.au>

Website

NeuroClastic — Autistic-led articles and perspectives.

<https://neuroclastic.com>

Self-help

Downloadable PDF handout

West Sussex Sources of Support for Autistic Adults — Practice-held 16-page local resource directory.



NDS West Sussex
Sources of Support D

Website

National Autistic Society advice and guidance — Practical guidance across daily life, health and relationships.

<https://www.autism.org.uk/advice-and-guidance>

Community & local support

Self-referral post-diagnostic support

LIMA Project / Aldingbourne Trust — Remote and online support for autistic adults; confirm current LIMA details before publication.

<https://www.aldbingbournetrust.org>

Peer group

Aspective — Peer-led self-advocacy group; confirm current meeting arrangements.

<https://www.facebook.com/AspectiveSussex/>

Charity / community

SEDSCONNECTIVE — Sussex-based support around neurodivergence and symptomatic hypermobility.

<https://www.sedsconnective.org>

Courses

Sussex Recovery College — May include neurodivergence-related courses.

<https://www.sussexrecoverycollege.org.uk>

Related topics: use the A-Z menu and urgent-support section where appropriate.

Bereavement and grief

Information

Website / helpline	Cruse Bereavement Support — Bereavement information and support. https://www.cruse.org.uk
Website / directory	AtaLoss — UK bereavement information and service directory. https://www.ataloss.org
Website	The Good Grief Trust — Bereavement resources and signposting. https://www.thegoodgrieftrust.org
Website / online community	Sue Ryder grief support — Information, online community and support. https://www.sueryder.org/grief-support

Self-help

Website	NHS bereavement and grief — NHS guidance. https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/grief-bereavement-loss/
Six-week supported self-help	Pathfinder — Supported self-help for grief and loss. https://www.pathfinderwestsussex.org.uk/find-support-menu/find-support

Apps

APP	Grief Works — Commercial guided grief-support app. https://griefworks.app
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Community & local support

Self-referral / helpline	Cruse — National support accessible locally. https://www.cruse.org.uk/get-support/
Self-referral	Pathfinder West Sussex — Local supported self-help and signposting. https://www.pathfinderwestsussex.org.uk

Related topics: use the A-Z menu and urgent-support section where appropriate.

Bipolar disorder

Information

Website

Bipolar UK — Information, peer support and self-management resources.
<https://www.bipolaruk.org>

Website

Mind: bipolar disorder — Accessible information about diagnosis and treatment.
<https://www.mind.org.uk/information-support/types-of-mental-health-problems/bipolar-disorder/>

Self-help

Downloads / tools

Bipolar UK mood scale and mood diary — Self-monitoring tools; not a substitute for clinical treatment.
<https://www.bipolaruk.org/FAQs/mood-scale>

Apps

APP / web tool

Bipolar UK Mood Tracker — Check current platform availability before publication.
<https://www.bipolaruk.org/mood-tracker>

Community & local support

Peer groups / eCommunity

Bipolar UK peer support — National peer support.
<https://www.bipolaruk.org/get-support>

Community support

Pathfinder West Sussex — Non-crisis wellbeing and practical support.
<https://www.pathfinderwestsussex.org.uk>

Related topics: use the A-Z menu and urgent-support section where appropriate.

Body image

Information

Website

Beat: body image — Information about body image and eating disorders.
<https://www.beateatingdisorders.org.uk/get-information-and-support/about-eating-disorders/body-image/>

Website

Mental Health Foundation: body image — General information and research.
<https://www.mentalhealth.org.uk/explore-mental-health/a-z-topics/body-image>

Self-help

Workbook

CCI: Building Body Acceptance — Structured CBT workbook relevant to body-image concerns.
<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Body-Dysmorphia>

Worksheets

Get Self Help — Search body image, self-esteem and compassion resources.
<https://www.getselfhelp.co.uk>

Community & local support

Helpline / webchat

Beat — Specialist support where body-image concerns relate to eating difficulties.
<https://www.beateatingdisorders.org.uk/get-information-and-support/get-help-for-myself/>

Related topics: use the A-Z menu and urgent-support section where appropriate.

Burnout and overwhelm

Information

Website

Mental Health UK: burnout — Information about burnout and prevention.
<https://mentalhealth-uk.org/burnout/>

Website

NHS Every Mind Matters — Stress, sleep, low mood and wellbeing advice.
<https://www.nhs.uk/every-mind-matters/>

Self-help

Worksheets

Get Self Help — Stress, pacing, compassion and problem-solving resources.
<https://www.getselfhelp.co.uk>

Workbooks

CCI: self-compassion and perfectionism — Useful where burnout is linked with perfectionism or self-criticism.
<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself>

Apps

APP

Finch — Gentle self-care and routine support.
<https://finchcare.com>

APP

Calm — Commercial meditation and sleep app.
<https://www.calm.com>

Community & local support

Self-referral

Pathfinder West Sussex — Wellbeing advice, groups and supported self-help.
<https://www.pathfinderwestsussex.org.uk>

Courses

Sussex Recovery College — Courses on resilience, wellbeing and recovery.
<https://www.sussexrecoverycollege.org.uk>

Related topics: use the A-Z menu and urgent-support section where appropriate.

Carers

Information

Website

Carers UK — National information on rights, benefits and wellbeing.
<https://www.carersuk.org>

Local website

Carers Support West Sussex — Information, emotional support and local services for unpaid carers.
<https://www.carerssupport.org.uk>

Self-help

Website

Carers UK wellbeing resources — Guidance on maintaining wellbeing while caring.
<https://www.carersuk.org/help-and-advice/health/looking-after-your-health/>

Apps

APP

Jointly — Carers UK app for coordinating care; subscription may apply.
<https://www.jointlyapp.com>

Community & local support

Self-registration / helpline

Carers Support West Sussex — Phone 0300 028 8888; local groups, information and emotional support.
<https://www.carerssupport.org.uk>

Self-assessment route

Carer's Assessment — Information and self-assessment for eligible unpaid carers.
<https://www.carerssupport.org.uk/carers-assessments/>

Related topics: use the A-Z menu and urgent-support section where appropriate.

Counselling and talking therapies

Information

Website

NHS talking therapies — Find an NHS Talking Therapies service; many accept self-referral.

<https://www.nhs.uk/service-search/mental-health/find-an-NHS-talking-therapies-service/>

Website

BACP: what therapy can help with — Information about counselling and psychotherapy.

<https://www.bacp.co.uk/about-therapy/>

Self-help

Website

NHS Every Mind Matters — Self-help while waiting or before deciding on therapy.

<https://www.nhs.uk/every-mind-matters/>

Community & local support

Self-referral NHS service

West Sussex NHS Talking Therapies — Check current eligibility and referral form.

<https://www.sussexcommunity.nhs.uk/services/west-sussex-talking-therapies>

Private therapist directory

BACP therapist directory — Private counselling; fees apply.

<https://www.bacp.co.uk/search/Therapists>

Private therapist directory

NCPS therapist directory — Private counselling; fees apply.

<https://ncps.com/find-a-therapist>

Related topics: use the A-Z menu and urgent-support section where appropriate.

Depression and low mood

Information

Website

NHS depression in adults — NHS information.

<https://www.nhs.uk/mental-health/conditions/clinical-depression/overview/>

Interactive guide

NHS Inform depression self-help guide — Structured self-help for mild-to-moderate symptoms.

<https://www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/depression-self-help-guide/>

Self-help

Workbook

CCI: Back from the Bluez — CBT-based depression workbook.

<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Depression>

Website / worksheets

Get Self Help: depression — CBT-based self-help.

<https://www.getselfhelp.co.uk/depression/>

Online CBT course

Living Life to the Full — Structured life-skills course.

<https://littf.com>

Apps

APP

Wysa — Commercial AI-supported wellbeing app; not a crisis or clinical service.

<https://www.wysa.com>

APP

Daylio — Mood and activity tracking.

<https://daylio.net>

Community & local support

Self-referral

Pathfinder supported self-help — Low mood and depression guided self help.

<https://www.pathfinderwestsussex.org.uk/find-support-menu/find-support>

Local support

West Sussex Mind — Community support and groups.

<https://www.westsussexmind.org>

Courses

Sussex Recovery College — Free educational courses.

<https://www.sussexrecoverycollege.org.uk>

Related topics: use the A-Z menu and urgent-support section where appropriate.

Domestic abuse

Information

Website

Women's Aid — Information, safety planning and national support.
<https://www.womensaid.org.uk>

Website / helpline

Refuge — Domestic abuse information and National Domestic Abuse Helpline.
<https://refuge.org.uk>

Website / helpline

Men's Advice Line — Support for male victims.
<https://mensadviceline.org.uk>

Website / helpline

ManKind Initiative — Support for male victims of domestic abuse.
<https://mankind.org.uk>

Self-help

Course / website

Freedom Programme — Education about abusive behaviour and healthy relationships.
<https://www.freedomprogramme.co.uk>

Online handbook

Women's Aid Survivor's Handbook — Safety, rights and recovery information.
<https://www.womensaid.org.uk/information-support/the-survivors-handbook/>

Apps

APP

Bright Sky — Domestic-abuse information and service finder; consider digital safety before use.
<https://www.hestia.org/brightsky>

Community & local support

Local self-referral service

Safe in Sussex — Support for women affected by domestic abuse across West Sussex.
<https://www.safeinsussex.co.uk>

Local groups

Safe in Sussex community groups — Freedom Programme and Domestic Abuse Recovery Toolkit, including some online options.
<https://www.safeinsussex.co.uk/community-groups/>

Self-referral women's centre

My Sisters' House — For women in Arun and Chichester districts; wellbeing, practical and domestic-abuse support.

<https://www.mysistershouse.info/self-refer>

Local service directory

Safe Space Sussex — Sussex domestic and sexual abuse support directory.

<https://www.safespacesussex.org.uk>

Related topics: use the A-Z menu and urgent-support section where appropriate.

Drugs and substance use

Information

Website / helpline

FRANK — Drug information and advice.

<https://www.talktofrank.com>

Website / support

We Are With You — Free confidential drug, alcohol and mental-health support in areas where commissioned.

<https://www.wearewithyou.org.uk>

Self-help

Tools / meetings

SMART Recovery UK — CBT-informed recovery tools.

<https://smartrecovery.org.uk>

Peer support information

Narcotics Anonymous UK — Meeting finder and recovery information.

<https://ukna.org>

Apps

APP

SMART Recovery — Check UK app-store availability; tools are also available online.

<https://smartrecovery.org/smart-recovery-toolbox>

Community & local support

Self-referral local service

West Sussex DAWN — West Sussex Drug & Alcohol Wellbeing Network.

<https://www.westsussex.gov.uk/social-care-and-health/keeping-healthy-and-well/drug-and-alcohol-support/>

Peer meetings

Narcotics Anonymous UK — Free peer-led meetings.

<https://ukna.org>

Peer meetings

SMART Recovery UK — Online and face-to-face meetings.

<https://smartrecovery.org.uk>

Related topics: use the A-Z menu and urgent-support section where appropriate.

Eating disorders

Information

Website / helplines

Beat — UK eating-disorder charity.
<https://www.beateatingdisorders.org.uk>

Website

NHS eating disorders — NHS overview and routes to help.
<https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/eating-disorders/overview/>

Self-help

Website

Beat self-help and support — Information and online support.
<https://www.beateatingdisorders.org.uk/get-information-and-support/>

Workbooks

CCI eating-disorder resources — Structured resources; use with care and seek clinical advice where symptoms are significant.
<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Disordered-Eating>

Apps

APP

Rise Up + Recover — Meal and emotion logging; not a substitute for specialist treatment.
<https://www.recoverywarriors.com/app>

Community & local support

National support

Beat helplines and online support — Support for people with eating disorders and carers.
<https://www.beateatingdisorders.org.uk/get-information-and-support/get-help-for-myself/>

Specialist NHS service information

Sussex Eating Disorders Service — Usually requires professional referral; included for information, not first-line self-referral.
<https://www.sussexpartnership.nhs.uk/our-services/specialist-services/eating-disorders>

Related topics: use the A-Z menu and urgent-support section where appropriate.

Emotional regulation and overwhelm

Information

Website

Mind: managing difficult feelings — General emotional-management guidance.

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/anger/managing-outbursts/>

Website

DBT overview — Information about DBT.

<https://www.mind.org.uk/information-support/drugs-and-treatments/talking-therapy-and-counselling/dialectical-behaviour-therapy-dbt/>

Self-help

Website / skills

DialecticalBehaviourTherapy.com — Free DBT exercises for mindfulness, distress tolerance, emotion regulation and relationships.

<https://dialecticalbehaviortherapy.com>

Website

DBT Self Help — Peer-developed DBT skills resource.

<https://dbtselfhelp.com>

Worksheets

Get Self Help — Grounding, distress tolerance and emotional-regulation worksheets.

<https://www.getselfhelp.co.uk>

Apps

APP

DBT Coach — Commercial DBT skills app.

<https://resiliens.com/dbt-coach/>

APP

Finch — Self-care and habit support.

<https://finchcare.com>

Community & local support

Courses

Sussex Recovery College — Courses on coping skills, resilience and recovery.

<https://www.sussexrecoverycollege.org.uk>

Self-referral

Pathfinder West Sussex — Community support and signposting.

<https://www.pathfinderwestsussex.org.uk>

Related topics: use the A-Z menu and urgent-support section where appropriate.

Financial difficulties, debt and cost of living

Information

Website

MoneyHelper — Government-backed money and pension guidance.
<https://www.moneyhelper.org.uk>

Website

Citizens Advice — Benefits, debt, housing and consumer advice.
<https://www.citizensadvice.org.uk>

Website / grants search

Turn2us — Benefits calculator and grants search.
<https://www.turn2us.org.uk>

Self-help

Online debt advice

StepChange Debt Charity — Free debt advice and online debt solution tool.
<https://www.stepchange.org>

Debt help / money coaching

Christians Against Poverty — Free debt help; faith-based charity, support open regardless of faith.
<https://capuk.org/get-help>

Community & local support

Local advice

Citizens Advice West Sussex — Local benefits, debt and practical advice.
<https://www.advicewestsussex.org.uk>

Signposting

Pathfinder West Sussex — Can signpost to debt and welfare support.
<https://www.pathfinderwestsussex.org.uk>

Advocacy / financial issues

Impact Advocacy Money First — Confirm current West Sussex coverage before publication.
<https://impact-initiatives.org.uk/services/advocacy/>

Related topics: use the A-Z menu and urgent-support section where appropriate.

Food support

Information

Website / finder

Trussell Trust food bank finder — Find local food banks and check referral requirements.

<https://www.trussell.org.uk/emergency-food/find-a-foodbank>

Website

West Sussex County Council cost-of-living support — Current local support information.

<https://www.westsussex.gov.uk/leisure-recreation-and-community/cost-of-living/>

Community & local support

Local food support

Storrington & District Community Food Hub — Confirm current food-hub details and access process.

<https://www.storringtoncommunity.org.uk>

Local community information

Billingshurst Community Partnership — Check current food-support listings.

<https://www.billingshurstcommunitypartnership.org>

Practical support

Citizens Advice West Sussex — Advice about benefits and emergency support.

<https://www.advicewestsussex.org.uk>

Related topics: use the A-Z menu and urgent-support section where appropriate.

Groups and courses

Information

Website

Pathfinder: find support — Local groups, one-to-one support, peer support and supported self-help.

<https://www.pathfinderwestsussex.org.uk/find-support-menu/find-support>

West Sussex County Council Clubs and Societies - Local groups and clubs based on interest and hobbies

<https://www.westsussex.gov.uk/find-my-nearest/local-club-or-society/#1>

Course website

Sussex Recovery College — Free courses across Sussex, online and in person.

<https://www.sussexrecoverycollege.org.uk>

Community & local support

Local groups and activities

West Sussex Mind — Mental-health groups and community support.

<https://www.westsussexmind.org>

Domestic-abuse recovery groups

Safe in Sussex groups — Freedom Programme and recovery programmes.

<https://www.safeinsussex.co.uk/community-groups/>

Peer groups

Hearing Voices Network groups — Find peer-support groups.

<https://www.hearing-voices.org/hearing-voices-groups/find-a-group/>

Community group platform

Meetup — General social and interest groups; users should assess suitability and safety.

<https://www.meetup.com>

Related topics: use the A-Z menu and urgent-support section where appropriate.

Health anxiety

Information

Website

NHS health anxiety — NHS overview and advice.

<https://www.nhs.uk/mental-health/conditions/health-anxiety/>

Self-help

Workbook

CCI: Helping Health Anxiety — Structured CBT workbook.

<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Health-Anxiety>

Website / worksheets

Get Self Help: health anxiety — CBT-based self-help.

<https://www.getselfhelp.co.uk/healthanxiety/>

Apps

APP

MindShift CBT — Anxiety tools that may help with worry cycles.

<https://www.anxietycanada.com/resources/mindshift-cbt/>

Community & local support

Self-referral

West Sussex NHS Talking Therapies — Check current eligibility.

<https://www.sussexcommunity.nhs.uk/services/west-sussex-talking-therapies>

Self-referral

Pathfinder West Sussex — Wellbeing support and signposting.

<https://www.pathfinderwestsussex.org.uk>

Related topics: use the A-Z menu and urgent-support section where appropriate.

Hearing voices

Information

Website

Hearing Voices Network — Peer-led information and group finder.

<https://www.hearing-voices.org>

Website

Understanding Voices — Evidence-informed information and coping ideas.

<https://understandingvoices.com>

Website

Voice Collective — Support and resources for children and young people who hear voices, see visions or have other sensory experiences.

<https://voicecollective.co.uk>

Self-help

Downloadable PDF handout

Coping with Voices — Practice-held two-page handout covering music, grounding, exercise, challenging voices, creativity and connection.



coping_with_voices.pdf

Downloadable PDF handout

Hearing Voices Coping Strategies — Practice-held three-page handout from the Manchester Hearing Voices Group.



Hearing_Voices_Coping_Strategies.pdf

Website

Understanding Voices: coping with voices — Practical coping ideas.

<https://understandingvoices.com/coping-with-voices/>

Community & local support

Peer support groups

Hearing Voices Network group finder — Find local or online groups.

<https://www.hearing-voices.org/hearing-voices-groups/find-a-group/>

Courses

Sussex Recovery College — May offer courses about psychosis and unusual experiences.

<https://www.sussexrecoverycollege.org.uk>

Community support

Pathfinder West Sussex — Non-crisis support and signposting.

<https://www.pathfinderwestsussex.org.uk>

Related topics: use the A-Z menu and urgent-support section where appropriate.

Housing and homelessness

Information

Website / advice

Shelter — Housing rights, homelessness and tenancy advice.

<https://england.shelter.org.uk>

Website

Citizens Advice housing — Housing and tenancy guidance.

<https://www.citizensadvice.org.uk/housing/>

Community & local support

Local authority information

West Sussex homelessness advice — Routes to district and borough housing support.

<https://www.westsussex.gov.uk/fire-emergencies-and-crime/homelessness/>

Local support

Pathfinder West Sussex — Includes homelessness support and signposting.

<https://www.pathfinderwestsussex.org.uk>

Homelessness charity

Turning Tides — Support across West Sussex; check local access routes.

<https://www.turning-tides.org.uk>

Related topics: use the A-Z menu and urgent-support section where appropriate.

LGBTQIA+

Information

Website / advice	Stonewall www.stonewall.org.uk
Website	LGBT Foundation https://lgbt.foundation/
Website / advice	MindOut- Mental Health service run by LGBTQIA+ individuals. https://mindout.org.uk/
Website	Switchboard LGBT+ Helpline https://switchboard.lgbt/
Website	Gendered Intelligence https://genderedintelligence.co.uk/

Community & local support

Website	West Sussex LGBTQIA+ Network - Support groups for LGBTQ+ community West Sussex Mind LGBTQIA+ peer support
	Allsorts Youth Project (Brighton & Hove, supporting LGBTQ+ children and young people across Sussex) Allsorts Youth Project  LGBT+ Youth Support in Sussex
	MindOut (Brighton-based but supports people across Sussex) https://mindout.org.uk/
	The Clare Project (Brighton-based trans and non-binary peer support) Local Pride events and community groups The Clare Project Transgender support and social group

Loneliness and social isolation

Information

Website

NHS Every Mind Matters: loneliness — NHS practical guidance.
<https://www.nhs.uk/every-mind-matters/lifes-challenges/loneliness/>

Website

Campaign to End Loneliness — Information and resources.
<https://www.campaigntoendloneliness.org>

Self-help

Six-week supported self-help

Pathfinder West Sussex — Supported self-help for loneliness and signposting.
<https://www.pathfinderwestsussex.org.uk/find-support-menu/find-support>

Community & local support

Groups and activities

West Sussex Mind — Local social and wellbeing support.
<https://www.westsussexmind.org>

West Sussex County Council Clubs and societies- Search for local clubs and groups based on interests and hobbies.
[Local clubs](#)

Local service

Age UK West Sussex, Brighton & Hove — Social activities and support for older adults.
<https://www.ageuk.org.uk/westsussexbrightonhove/>

West Sussex clubs and societies- Find local groups, clubs and societies in west Sussex.
[Local clubs](#)

Community group platform

Meetup — Find interest-based groups; assess safety and suitability.
<https://www.meetup.com>

Related topics: use the A-Z menu and urgent-support section where appropriate.

Menopause and mental health

Information

Website

NHS menopause — NHS information about symptoms and treatment.
<https://www.nhs.uk/conditions/menopause/>

Website

Women's Health Concern — Patient information from the British Menopause Society's charity arm.
<https://www.womens-health-concern.org>

Website

Balance Menopause — Commercial clinician-led educational website.
<https://www.balance-menopause.com>

Self-help

Six-week supported self-help

Pathfinder West Sussex — Understanding menopause and coping skills.
<https://www.pathfinderwestsussex.org.uk/find-support-menu/find-support>

Website

NHS Every Mind Matters — Support for anxiety, sleep and low mood.
<https://www.nhs.uk/every-mind-matters/>

Apps

APP

Balance — Menopause symptom tracking and information app.
<https://www.balance-menopause.com/balance-app/>

Community & local support

Self-referral

Pathfinder West Sussex — Supported self-help and wellbeing support.
<https://www.pathfinderwestsussex.org.uk>

Related topics: use the A-Z menu and urgent-support section where appropriate.

Military Veterans

Information

Website

NHS Op COURAGE

Support for veterans, reservists, and service leavers in England. It offers a range of mental health and wellbeing services.

<https://www.nhs.uk/nhs-services/armed-forces-community/mental-health-services>

Website

Combat Stress- Provide specialist clinical treatment and support for veterans from the British Armed Forces, focusing on those with PTSD, Complex-PTSD, and moral injury resulting from their experiences during military service

<https://www.combatstress.org.uk>

Self-help

Website

Combat stress- Provide specialist clinical treatment and support for veterans from the British Armed Forces, focusing on those with PTSD, Complex-PTSD, and moral injury resulting from their experiences during military service

[Mental health services for veterans | Combat Stress](#)

Website

PTSD UK- Information and self help for symptoms of PTSD

[PTSD UK](#)

Website

Centre for clinical intervention- Self help guide on taking care of yourself.

<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself>

Apps

APP

PTSD Coach UK- Management of PTSD symptoms.



ptsd-coach info.pdf

Insight timer- Relaxation and meditation app

[Insight Timer — The #1 Free Meditation and Sleep App](#)

Stay Alive- Suicide prevention and safety planning

[StayAlive - Essential suicide prevention for everyday life](#)

Community & local support

Self-referral

Pathfinder West Sussex — Supported self-help and wellbeing support.

<https://www.pathfinderwestsussex.org.uk>

Related topics: use the A-Z menu and urgent-support section where appropriate.

OCD

Information

Website / support

OCD-UK — Evidence-based OCD information and support.

<https://www.ocduk.org>

Website / support

OCD Action — Information, helpline and peer support.

<https://ocdaction.org.uk>

Website

NHS OCD — NHS overview.

<https://www.nhs.uk/mental-health/conditions/obsessive-compulsive-disorder-ocd/overview/>

Self-help

Website / worksheets

Get Self Help: OCD — CBT/ERP-oriented self-help resources.

<https://www.getselfhelp.co.uk/ocd/>

Understanding OCD Psychology tools-

Self help guide on understanding OCD



understanding-obses
sive-compulsive-disor

Workbooks

CCI: anxiety resources — Relevant worry and anxiety resources; CCI does not currently offer a dedicated OCD workbook on its main self-help index.

<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself>

Apps

APP and teletherapy platform

NOCD — Commercial app and specialist therapy platform; costs/availability vary.

<https://www.treatmyocd.com>

Community & local support

Peer support

OCD-UK support groups — Online and local group information.

<https://www.ocduk.org/support-groups/>

Peer support / helpline

OCD Action support services — National support.

<https://ocdaction.org.uk/i-need-support/>

Related topics: use the A-Z menu and urgent-support section where appropriate.

Older adults

Information

Website / advice line

Age UK — Information on wellbeing, care, benefits and loneliness.

<https://www.ageuk.org.uk>

Website / helpline

Independent Age — Advice for older people, including money and care.

<https://www.independentage.org>

Self-help

Website

NHS Every Mind Matters — General mental-wellbeing self-help.

<https://www.nhs.uk/every-mind-matters/>

Community & local support

Local service

Age UK West Sussex, Brighton & Hove — Local activities, information and support.

<https://www.ageuk.org.uk/westsussexbrightonhove/>

Local short-term support

Prevention Assessment Team — Support to remain independent; confirm current access route.

<https://www.westsussex.gov.uk/social-care-and-health/social-care-support/adults/prevention-assessment-team/>

Related topics: use the A-Z menu and urgent-support section where appropriate.

Panic attacks

Information

Website

NHS panic disorder — NHS information and treatment guidance.
<https://www.nhs.uk/mental-health/conditions/panic-disorder/>

Self-help

Workbook

CCI: Panic Stations — Structured CBT workbook.
<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Panic>

Website / worksheets

Get Self Help: panic — CBT-based panic resources.
<https://www.getselfhelp.co.uk/panic/>

Six-week supported self-help

Pathfinder West Sussex — Supported self-help pathway for anxiety and panic.
<https://www.pathfinderwestsussex.org.uk/find-support-menu/find-support>

Apps

APP

MindShift CBT — CBT tools for panic and anxiety.
<https://www.anxietycanada.com/resources/mindshift-cbt/>

APP

Clear Fear — Anxiety-management app aimed particularly at young people.
<https://stem4.org.uk/clear-fear/>

Community & local support

Self-referral

Pathfinder West Sussex — Supported self-help and community support.
<https://www.pathfinderwestsussex.org.uk>

Self-referral

West Sussex NHS Talking Therapies — Evidence-based treatment for eligible people.
<https://www.sussexcommunity.nhs.uk/services/west-sussex-talking-therapies>

Related topics: use the A-Z menu and urgent-support section where appropriate.

Perfectionism and procrastination

Information

Website

CCI perfectionism resources — Information and workbook.
<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Perfectionism>

Website

CCI procrastination resources — Information and workbook.
<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Procrastination>

Self-help

Workbook

CCI: Put Off Procrastinating — Structured CBT workbook.
<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Procrastination>

Workbook

CCI: Perfectionism in Perspective — Structured CBT workbook.
<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Perfectionism>

Worksheets

Get Self Help — Relevant CBT worksheets.
<https://www.getselfhelp.co.uk>

Apps

APP and website

Goblin Tools — Task breakdown and planning.
<https://goblin.tools>

APP and website

Todoist — Task management.
<https://todoist.com>

Community & local support

Courses

Sussex Recovery College — Self-management and wellbeing courses.
<https://www.sussexrecoverycollege.org.uk>

Related topics: use the A-Z menu and urgent-support section where appropriate.

Pet bereavement

Information

Website / helpline / webchat

Blue Cross Pet Loss Support — Free confidential UK support.

<https://www.bluecross.org.uk/pet-loss-support>

Website

RSPCA pet bereavement toolkit — Guidance and personal stories.

<https://www.rspca.org.uk/adviceandwelfare/pets/bereavement>

Website

The Ralph Site — Pet-loss information and support.

<https://www.theralphsite.com>

Self-help

Website

Blue Cross pet-loss resources — Articles and support options.

<https://www.bluecross.org.uk/pet-loss-support>

Community & local support

Helpline / webchat

Blue Cross Pet Loss Support — Available nationally.

<https://www.bluecross.org.uk/pet-loss-support>

Related topics: use the A-Z menu and urgent-support section where appropriate.

Phobias

Information

Website

NHS phobias — NHS information and treatment overview.

<https://www.nhs.uk/mental-health/conditions/phobias/overview/>

Self-help

Website / worksheets

Get Self Help: phobias — CBT and graded-exposure guidance.

<https://www.getselfhelp.co.uk/phobias/>

Workbooks

CCI anxiety resources — Relevant anxiety and panic workbooks.

<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself>

Apps

APP

MindShift CBT — General anxiety tools.

<https://www.anxietycanada.com/resources/mindshift-cbt/>

Community & local support

Self-referral

West Sussex NHS Talking Therapies — Check current eligibility for treatment.

<https://www.sussexcommunity.nhs.uk/services/west-sussex-talking-therapies>

Related topics: use the A-Z menu and urgent-support section where appropriate.

Pregnancy and postnatal mental health

Information

Website

NHS mental health in pregnancy — NHS information and support routes.
<https://www.nhs.uk/pregnancy/keeping-well/mental-health/>

Website / support

PANDAS Foundation — Peer support for perinatal mental illness.
<https://pandasfoundation.org.uk>

Website

Tommy's mental wellbeing — Pregnancy and baby-loss information.
<https://www.tommys.org/pregnancy-information/im-pregnant/mental-wellbeing>

Self-help

Website / resources

Best Beginnings: Baby Buddy — Pregnancy and early-parenthood information.
<https://www.bestbeginnings.org.uk>

Apps

APP

Baby Buddy — Free pregnancy and parenting app with health information.
<https://www.bestbeginnings.org.uk/baby-buddy>

Community & local support

Peer support

PANDAS helpline and groups — National support.
<https://pandasfoundation.org.uk/how-we-can-support-you/>

NHS information

Sussex Specialist Perinatal Mental Health Service — Specialist service generally accessed through professionals.
<https://www.sussexpartnership.nhs.uk/our-services/specialist-services/perinatal-mental-health>

Related topics: use the A-Z menu and urgent-support section where appropriate.

PTSD and trauma

Information

Website	NHS PTSD — NHS overview. https://www.nhs.uk/mental-health/conditions/post-traumatic-stress-disorder-ptsd/overview/
Website	PTSD UK — UK trauma and PTSD information. https://www.ptsduk.org
Website	Carolyn Spring — Trauma and dissociation psychoeducation from a lived-experience and training perspective. https://www.carolynspring.com
Website / resources	Beacon House — Trauma-informed resources, especially for children, families and professionals. https://beaconhouse.org.uk/resources/
Website / social education	The Holistic Psychologist — Commercial self-help and social-media content; use as supplementary psychoeducation, not clinical treatment. https://theholisticpsychologist.com

Self-help

Website / worksheets	Get Self Help: PTSD and trauma — Grounding and trauma-related CBT resources. https://www.getselfhelp.co.uk/ptsd/
Workbook	CCI: coping with trauma — Use relevant anxiety, worry, sleep and self-compassion workbooks; CCI's main index may change. https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself
Articles / podcast	Carolyn Spring free resources — Trauma and dissociation education. https://www.carolynspring.com/blog/
Audio self-help resource	SelfHealers Soundboard — Commercial audio resource associated with The Holistic Psychologist; check current access/cost. https://selfhealerscircle.com/pages/selfhealers-soundboard

Apps

APP	PTSD Coach — Free app developed by the US Department of Veterans Affairs; includes coping tools and symptom tracking. https://www.ptsd.va.gov/appvid/mobile/ptsdcoach_app_public.asp
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APP

Stay Alive — UK suicide-prevention and safety-planning app; relevant where trauma is accompanied by suicidal thoughts.

<https://www.stayalive.app>

Community & local support

Self-referral

West Sussex NHS Talking Therapies — May offer trauma-focused therapies for eligible presentations.

<https://www.sussexcommunity.nhs.uk/services/west-sussex-talking-therapies>

Courses

Sussex Recovery College — Courses about recovery, coping and wellbeing.

<https://www.sussexrecoverycollege.org.uk>

Self-referral

Pathfinder West Sussex — Community and practical support.

<https://www.pathfinderwestsussex.org.uk>

Related topics: use the A-Z menu and urgent-support section where appropriate.

Relationships

Information

Website

Relate — Relationship information and counselling; charges may apply.
<https://www.relate.org.uk>

Website

OnePlusOne — Evidence-informed relationship resources.
<https://www.oneplusone.org.uk>

Self-help

Articles / tools

Relate relationship help — Advice and self-help resources.
<https://www.relate.org.uk/get-help>

Online relationship support

OnePlusOne: Click — Online relationship resources; access arrangements may vary.
<https://click.clickrelationships.org>

Community & local support

Counselling / courses

Relate — Local and online services; fees may apply.
<https://www.relate.org.uk>

Local self-referral course

My Sisters' House healthy relationships course — For women within its service area.
<https://www.mysistershouse.info/healthy-relationships>

Related topics: use the A-Z menu and urgent-support section where appropriate.

Self-compassion and self-esteem

Information

Website

Mind: self-esteem — Information and practical ideas.

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/self-esteem/about-self-esteem/>

Website

Self-Compassion by Kristin Neff — Research-informed information and exercises.

<https://self-compassion.org>

Self-help

Workbook

CCI: Improving Self-Esteem — Structured CBT workbook.

<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Self-Esteem>

Workbook

CCI: Building Self-Compassion — Structured workbook.

<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Self-Compassion>

Worksheets

Get Self Help: self-esteem — CBT-based resources.

<https://www.getselfhelp.co.uk/selfesteem/>

Six-week supported self-help

Pathfinder West Sussex — Supported self-help pathway for self esteem.

<https://www.pathfinderwestsussex.org.uk/find-support-menu/find-support>

Apps

APP

Healthy Minds Program — Free meditation and wellbeing app.

<https://hminnovations.org/meditation-app>

APP

Finch — Gentle self-care support.

<https://finchcare.com>

Community & local support

Self-referral

Pathfinder West Sussex — Low self-esteem pathway and wider support.

<https://www.pathfinderwestsussex.org.uk>

Courses

Sussex Recovery College — Wellbeing and confidence-building courses.

<https://www.sussexrecoverycollege.org.uk>

Related topics: use the A-Z menu and urgent-support section where appropriate.

Self-harm

Information

Website

Mind: self-harm — Information and support.

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/self-harm/about-self-harm/>

Website

LifeSIGNS — User-led self-injury information and guidance.

<https://www.lifesigns.org.uk>

Website

Harmless — Self-harm and suicide-prevention support and resources.

<https://harmless.org.uk>

Self-help

Website

NHS self-harm — NHS guidance and routes to help.

<https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/self-harm/>

Website / worksheets

Get Self Help: self-harm — Coping and alternative-strategy resources.

<https://www.getselfhelp.co.uk/selfharm/>

APP resource website

Calm Harm — App-based urge-management techniques, designed particularly for young people.

<https://stem4.org.uk/calm-harm/>

Apps

APP

Calm Harm — Free app designed to help manage urges to self-harm.

<https://stem4.org.uk/calm-harm/>

APP

Stay Alive — Safety plan and crisis resources.

<https://www.stayalive.app>

Community & local support

Support service

Harmless — National charity; check current service access.

<https://harmless.org.uk>

Self-referral

Pathfinder West Sussex — Non-crisis community support.

<https://www.pathfinderwestsussex.org.uk>

Urgent support

NHS 111 mental health option — For urgent mental-health support in Sussex.

<https://www.sussexpartnership.nhs.uk/nhs-111-mental-health>

Related topics: use the A-Z menu and urgent-support section where appropriate.

Sleep and insomnia

Information

Website

NHS insomnia — NHS information and sleep advice.

<https://www.nhs.uk/conditions/insomnia/>

Website

The Sleep Charity — Sleep information and support.

<https://thesleepcharity.org.uk>

Self-help

Workbook

CCI: Sleep workbook — CBT-based insomnia workbook.

<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Sleep>

Website

NHS Every Mind Matters sleep — NHS sleep guidance.

<https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/how-to-fall-asleep-faster-and-sleep-better/>

Website / worksheets

Get Self Help: sleep — CBT-based sleep resources.

<https://www.getselfhelp.co.uk/sleep/>

Apps

APP / digital CBT-I programme

Sleepio — Availability and NHS access vary by area.

<https://www.sleepio.com>

APP

Calm — Commercial sleep and meditation app.

<https://www.calm.com>

Community & local support

Self-referral

Pathfinder West Sussex — Support where sleep problems are connected to stress, anxiety or low mood.

<https://www.pathfinderwestsussex.org.uk>

Self-referral

West Sussex NHS Talking Therapies — Check whether sleep-focused CBT support is currently available.

<https://www.sussexcommunity.nhs.uk/services/west-sussex-talking-therapies>

Related topics: use the A-Z menu and urgent-support section where appropriate.

Social anxiety

Information

Website

NHS social anxiety — NHS overview and treatment information.
<https://www.nhs.uk/mental-health/conditions/social-anxiety/>

Self-help

Workbook

CCI: Stepping Out of Social Anxiety — Structured CBT workbook.
<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Social-Anxiety>

Website / worksheets

Get Self Help: social anxiety — CBT self-help.
<https://www.getselfhelp.co.uk/socialanxiety/>

Apps

APP

MindShift CBT — CBT tools for social anxiety and worry.
<https://www.anxietycanada.com/resources/mindshift-cbt/>

Community & local support

Self-referral

Pathfinder West Sussex — Community support and supported self-help.
<https://www.pathfinderwestsussex.org.uk>

Courses and groups

Sussex Recovery College — May support confidence and social connection.
<https://www.sussexrecoverycollege.org.uk>

Related topics: use the A-Z menu and urgent-support section where appropriate.

Stress

Information

Website

NHS Every Mind Matters: stress — NHS advice and practical tools.
<https://www.nhs.uk/every-mind-matters/mental-health-issues/stress/>

Website

Mind: stress — Information about signs, causes and coping.
<https://www.mind.org.uk/information-support/types-of-mental-health-problems/stress/>

Self-help

Six-week supported self-help

Pathfinder West Sussex — Supported self-help for managing stress.
<https://www.pathfinderwestsussex.org.uk/find-support-menu/find-support>

Website / worksheets

Get Self Help: stress — CBT-based stress resources.
<https://www.getselfhelp.co.uk/stress/>

Workbooks

CCI self-help resources — Worry, perfectionism, procrastination and self-compassion resources.
<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself>

Apps

APP

Healthy Minds Program — Free wellbeing and meditation app.
<https://hminnovations.org/meditation-app>

APP

Calm — Commercial meditation and relaxation app.
<https://www.calm.com>

Community & local support

Self-referral

Pathfinder West Sussex — Supported self-help, community and practical support.
<https://www.pathfinderwestsussex.org.uk>

Courses

Sussex Recovery College — Free wellbeing and self-management courses.
<https://www.sussexrecoverycollege.org.uk>

Related topics: use the A-Z menu and urgent-support section where appropriate.

Suicidal thoughts and urgent support

Information

Website

NHS urgent mental-health help — Explains urgent and emergency routes.

<https://www.nhs.uk/nhs-services/mental-health-services/where-to-get-urgent-help-for-mental-health/>

Website / safety plan

Staying Safe — Safety-planning information and templates.

<https://stayingssafe.net>

Self-help

APP and website

Stay Alive — Safety plan, reasons for living and crisis contacts.

<https://www.stayalive.app>

Downloadable template

Staying Safe safety plan — Create a personal safety plan; use alongside human support.

<https://stayingssafe.net/safety-plan/>

Apps

APP

Stay Alive — UK suicide-prevention app.

<https://www.stayalive.app>

APP and website

Hub of Hope — Find nearby mental-health support; service listings should be checked.

<https://hubofhope.co.uk>

Community & local support

24/7 urgent support

NHS 111 mental health option — Call 111 and select the mental-health option.

<https://www.sussexpartnership.nhs.uk/nhs-111-mental-health>

24/7 helpline

Samaritans — Call 116 123.

<https://www.samaritans.org>

24/7 text support

Shout / Text SUSSEX — Text SUSSEX to 85258 in Sussex.

<https://giveusashout.org>

Out-of-hours walk-in support

Staying Well Worthing — Adults 18+; check current opening hours before publication.

<https://www.sussexpartnership.nhs.uk/your-mental-health/getting-help/staying-well-services>

Support for people under 35

Papyrus HOPELINE247 — Suicide-prevention support for young people and concerned others.

<https://www.papyrus-uk.org/papyrus-hopeline247/>

Immediate danger

Emergency services — Call 999 or attend A&E where there is immediate danger or a life-threatening emergency.

<https://www.nhs.uk/nhs-services/urgent-and-emergency-care-services/when-to-call-999/>

Related topics: use the A-Z menu and urgent-support section where appropriate.

Wellbeing and mindfulness

Information

Website

NHS Every Mind Matters — Practical wellbeing guidance.

<https://www.nhs.uk/every-mind-matters/>

Website

Mind: wellbeing — Everyday wellbeing ideas.

<https://www.mind.org.uk/information-support/tips-for-everyday-living/wellbeing/>

Self-help

Online tool

NHS Mind Plan — Personalised NHS wellbeing suggestions.

<https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/your-mind-plan-quiz/>

Workbooks

CCI self-help resources — Wide range of structured workbooks.

<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself>

Apps

APP

Healthy Minds Program — Free mindfulness and wellbeing app.

<https://hminnovations.org/meditation-app>

APP

Insight Timer — Meditation app with free and paid content.

<https://insighttimer.com>

APP

Finch — Self-care and habits.

<https://finchcare.com>

Community & local support

Self-referral

Pathfinder West Sussex — Wellbeing information and community support.

<https://www.pathfinderwestsussex.org.uk>

Courses

Sussex Recovery College — Free courses.

<https://www.sussexrecoverycollege.org.uk>

Local support

West Sussex Mind — Groups, activities and information.

<https://www.westsussexmind.org>

Related topics: use the A-Z menu and urgent-support section where appropriate.

4. Practical support quick directory

Website / service	Age UK West Sussex, Brighton & Hove — Older people, activities, advice https://www.ageuk.org.uk/westsussexbrightonhove/
Website / service	Carers Support West Sussex — Unpaid carers https://www.carerssupport.org.uk
Website / service	Citizens Advice West Sussex — Benefits, debt, housing and practical advice https://www.advicewestsussex.org.uk
Website / service	Christians Against Poverty — Free debt help and money coaching https://capuk.org/get-help
Website / service	MoneyHelper — Government-backed money guidance https://www.moneyhelper.org.uk
Website / service	Shelter England — Housing and homelessness advice https://england.shelter.org.uk
Website / service	StepChange — Free debt advice https://www.stepchange.org
Website / service	Trussell Trust — Food bank finder https://www.trussell.org.uk/emergency-food/find-a-foodbank
Website / service	Turn2us — Benefits calculator and grant search https://www.turn2us.org.uk
Website / service	West Sussex County Council cost-of-living support — Local practical support https://www.westsussex.gov.uk/leisure-recreation-and-community/cost-of-living/

5. Apps directory

Apps should be labelled clearly. App-store availability, cost, privacy policies and NHS approval status should be checked before publication. An app is not an emergency service unless explicitly stated.

APP	Baby Buddy — Free pregnancy and parenting app with health information. https://www.bestbeginnings.org.uk/baby-buddy
APP	Balance — Menopause symptom tracking and information app. https://www.balance-menopause.com/balance-app/
APP / web tool	Bipolar UK Mood Tracker — Check current platform availability before publication. https://www.bipolaruk.org/mood-tracker
APP	Bright Sky — Domestic-abuse information and service finder; consider digital safety before use. https://www.hestia.org/brightsky
APP	Calm — Commercial meditation and relaxation app. https://www.calm.com
APP	Calm Harm — Free app designed to help manage urges to self-harm. https://stem4.org.uk/calm-harm/
APP	Clear Fear — Anxiety-management app aimed particularly at young people. https://stem4.org.uk/clear-fear/
APP	Daylio — Mood and activity tracking. https://daylio.net
APP	DBT Coach — Commercial DBT skills app. https://resiliens.com/dbt-coach/
APP and website	DrinkCoach — Alcohol tracking, screening and coaching options. https://drinkcoach.org.uk
APP	Finch — Self-care and habits. https://finchcare.com
APP and website	Goblin Tools — Task breakdown and planning. https://goblin.tools
APP	Grief Works — Commercial guided grief-support app. https://griefworks.app
APP	Healthy Minds Program — Free mindfulness and wellbeing app. https://hminnovations.org/meditation-app

APP and website	Hub of Hope — Find nearby mental-health support; service listings should be checked. https://hubofhope.co.uk
APP	Insight Timer — Meditation app with free and paid content. https://insighttimer.com
APP	Jointly — Carers UK app for coordinating care; subscription may apply. https://www.jointlyapp.com
APP	MindShift CBT — CBT tools for social anxiety and worry. https://www.anxietycanada.com/resources/mindshift-cbt/
APP and teletherapy platform	NOCD — Commercial app and specialist therapy platform; costs/availability vary. https://www.treatmyocd.com
APP	PTSD Coach — Free app developed by the US Department of Veterans Affairs; includes coping tools and symptom tracking. https://www.ptsd.va.gov/appvid/mobile/ptsdcoach_app_public.asp
APP	Rise Up + Recover — Meal and emotion logging; not a substitute for specialist treatment. https://www.recoverywarriors.com/app
APP / digital CBT-I programme	Sleepio — Availability and NHS access vary by area. https://www.sleepio.com
APP	SMART Recovery — Check UK app-store availability; tools are also available online. https://smartrecovery.org/smart-recovery-toolbox
APP	Stay Alive — UK suicide-prevention app. https://www.stayalive.app
APP and physical timer	Time Timer — Visual representation of passing time. https://www.timetimer.com
APP and website	Todoist — Task management. https://todoist.com
APP	Try Dry — Free official Alcohol Change UK app for tracking alcohol-free days, units and savings. https://alcoholchange.org.uk/help-and-support/managing-your-drinking/dry-january-app
APP	Wysa — Commercial AI-supported wellbeing app; not a crisis or clinical service. https://www.wysa.com

6. Core self-help websites

Website	Centre for Clinical Interventions (CCI) — Structured CBT workbooks https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself
Website	Get Self Help — CBT information, worksheets, videos and audio https://www.getselfhelp.co.uk
Website	NHS Every Mind Matters — NHS self-help for anxiety, low mood, sleep and stress https://www.nhs.uk/every-mind-matters/
Website	NHS Inform self-help guides — Interactive self-help guides https://www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/
Website	Living Life to the Full — Online CBT-based life-skills courses https://lltff.com
Website	Dialectical Behaviour Therapy — Free DBT skills https://dialecticalbehaviortherapy.com
Website	Pathfinder self-help resources — West Sussex self-help and supported pathways https://www.pathfinderwestsussex.org.uk/self-help-resources-menu/self-help-resources

7. Local services to feature prominently

Local service	Pathfinder West Sussex — Free support for adults across West Sussex, including information, groups, peer support, supported self-help, employment and homelessness support. Self-request form available. https://www.pathfinderwestsussex.org.uk
Local service	Sussex Recovery College — Free educational courses for adults affected by mental-health challenges, supporters and staff. https://www.sussexrecoverycollege.org.uk
Local service	West Sussex Mind — Local mental-health support, information, groups and specialist services. https://www.westsussexmind.org
Local service	Safe in Sussex — Domestic-abuse support for women across West Sussex, including community groups. https://www.safeinsussex.co.uk
Local service	My Sisters' House — Women's centre for Arun and Chichester districts; self-referral. https://www.mysistershouse.info/self-refer
Local service	Carers Support West Sussex — Information, groups and emotional support for unpaid carers. https://www.carerssupport.org.uk
Local service	West Sussex DAWN — Current local drug and alcohol service route. https://www.westsussex.gov.uk/social-care-and-health/keeping-healthy-and-well/drug-and-alcohol-support/
Local service	Staying Well Worthing — Out-of-hours mental-health crisis support for adults. https://www.sussexpartnership.nhs.uk/your-mental-health/getting-help/staying-well-services

8.

Suggested footer for the webpage

This directory provides information and signposting. It does not replace medical advice, diagnosis or treatment. Services and apps may change. In an emergency call 999. For urgent mental-health support in Sussex, call NHS 111 and select the mental-health option.

Source and review note

This working draft combines resources supplied by the Emotional Wellbeing Service with publicly available information checked in August 2026.