

## What do I do now?

If you are registered with a GP in Mid Sussex you can call us directly to book an assessment. Call on **01444 251084** between 9am and 5pm. Our answerphone will take messages outside these hours. Leave a message with your name, contact number and a good time to return your call between 9am - 5pm Monday to Friday.

Or if you prefer talk to your GP who can refer you to us. We then write to ask you to book an assessment.

## 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.

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

Time to Talk is not a crisis service. Therefore:

- **Contact your GP** immediately.
- **Go to A&E** - in an emergency, or outside of office hours.
- **Call The Samaritans**  
24 hours a day on **116 123**.

**Or call Sussex Mental Health Line**  
24 hours a day on **0300 5000 101**.

## Get the best from your NHS

Our patient advice and liaison service (PALS) can help 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: Service Experience Team, Sussex Community NHS Trust, FREEPOST (BR117), Elm Grove, Brighton BN2 3EW  
**Telephone:** 01273 242292  
**Email:** [sc-tr.serviceexperience@nhs.net](mailto:sc-tr.serviceexperience@nhs.net)  
**Website:** [www.sussexcommunity.nhs.uk/pals](http://www.sussexcommunity.nhs.uk/pals)

## Other formats

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 to understand this information in a language that is not English.



## Time to Talk

**Feeling stressed, anxious or depressed?**

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

If you live in Mid Sussex you can phone to discuss booking an assessment on **01444 251084**. Or speak with your GP.

# Time to Talk

## About Time to Talk

We are the talking therapies service run by Sussex Community NHS 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 telephone work is also provided.

If you are registered with a GP in West Sussex you can refer yourself directly. 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.

**"Time to Talk helped me to get my life back!"**

## 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.

**"I am now back in full-time employment and seeing my friends again."**

## Talking therapies

**For people with moderate to severe 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.

**"Therapy gave me the confidence to manage my mood effectively."**