



## Mind

Our team provides information on a range of topics including:

- types of mental health problem
- where to get help
- medication and alternative treatments
- advocacy.

We will look for details of help and support in your own area.

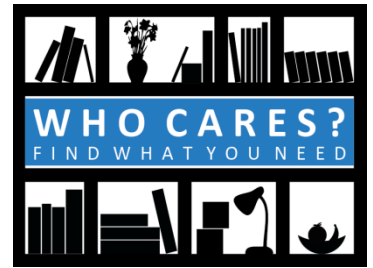
### **Contact us**

Our lines are open 9am to 6pm, Monday to Friday (except for bank holidays).

**0300 123 3393**

[info@mind.org.uk](mailto:info@mind.org.uk)

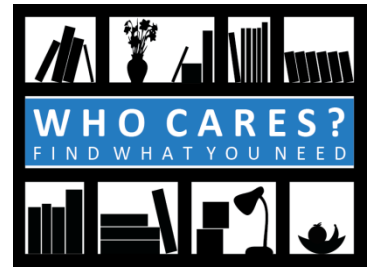
Text: 86463



## Time to talk

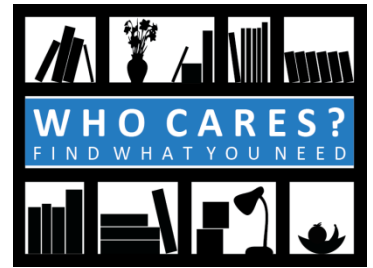
If you live in Crawley/Horsham  
you can phone to book an  
assessment on 01403 227048.  
Or speak with your GP.

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



Welcome to Rethink Mental Illness. We help millions of people affected by mental illness by challenging attitudes, changing lives. Here is just a selection about what we do, and what it means for you.

Tel: 0300 5000 927  
email: [info@rethink.org](mailto:info@rethink.org)



Depression is an illness, not a sign of weakness. Left untreated it can develop into clinical depression. There's no need to suffer with the condition - proven treatment exists and can improve how you feel. Get the expert help you need now.

How do you know if you might be depressed? Are you experiencing any of the following...

- Lacking energy and motivation
- Worrying a lot
- Increased irritability or outbursts of anger
- Lack of interest in everyday life
- A sense of hopelessness
- Feeling worse in the morning
- Sleeping or eating too much or too little
- Crying often
- Negative thoughts about yourself or others
- Retreating from social situations

If these sound familiar it's important to realise your life does not need to be like this. To find out how we can help improve how you feel, please contact us.

You can overcome your depression by receiving treatment. The treatments most commonly used are cognitive behavioural therapy (CBT) – a type of psychotherapy, and antidepressants. Both are proven to be successful in combating depression.

It's easy to start getting your life back on track. Just fill in the form for a free, confidential no-obligation chat about your way back to health. Alternatively, call our enquiry line free on: 0800 144 8316



## Self-help for managing Depression

When it comes to managing depression, self-help strategies can be a really effective part of treatment.

Find out more about different strategies people can use to manage depression.

What to do if you are still finding your symptoms hard to control

### Opening times

Monday – 12.00pm to 5.00pm.

Tuesday – 12.00pm to 5.00pm.

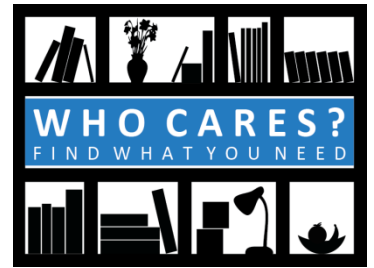
Wednesday – 1.00pm to 5.00pm.

Thursday – 12.00pm to 5.00pm.

Friday - 12.00pm to 4.30pm.

01293 843 334

[heidi.preston@westsussex.gov.uk](mailto:heidi.preston@westsussex.gov.uk)



## Worth Post Natal Support Group

Parkfield Child and Family Centre

35 Parkfield Road

Worthing

BN13 1EP,

01903 270412

Support Services are every  
Thursday

Drop in Support Service times are  
10am to 12pm

If you would like to talk to  
someone about this project please  
contact Tracy Ashcroft and/or Elli  
Partridge on 01903 270412



## Crisis Support Group

### **Sussex Mental Healthline – 0300**

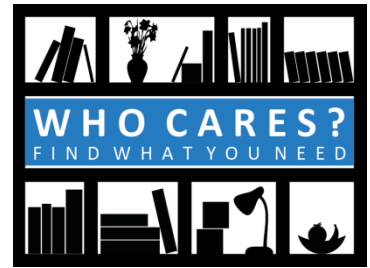
**5000 101** – Available Monday to Friday 5pm – 9am, and 24 hours at weekends and Bank Holidays

Samaritans -08457 909090 – Or  
click here for The Samaritans  
website:

<http://www.samaritans.org>

NHS 111 service – 111 – 24 hour helpline staffed by a team of fully trained advisers, supported by experienced nurses and paramedics.

Calls to the Samaritans and the NHS 111 services are free from landlines and mobile phones. You should use the NHS 111 service if you urgently need medical help or advice but it's not a life-threatening situation. For life-threatening situations you should always use 999.



## The Bridge

Bridge provides a clear, proven pathway for people with long term mental health problems to progress from when they first need us to living a more fulfilling role within the community. Based in South London, we're a charitable organisation that offers a full range of services from 24 hour supported accommodation to floating support. This gradually tapers off to a minimum as the client gains more and more independence.

Tel: 020 8298 9677



Call us  
08457 90 90 90 \* (UK)  
116 123 (ROI)

If there's something troubling you,  
then get in touch.

We're here 24 hours a day, 365  
days a year.

If you need a response  
immediately, it's best to call us on  
the phone

Write to us

Freepost RSRB-KKBY-CYJK, Chris,  
PO Box 90 90, Stirling, FK8 2SA

[jo@samaritans.org](mailto:jo@samaritans.org)



We provide free, independent and impartial information and support on issues that matter to disabled people and their families.

We're available 9am to 5pm weekdays and closed at weekends and bank holidays.

How to contact us

- Freephone: 0808 800 3333
- Email: [helpline@scope.org.uk](mailto:helpline@scope.org.uk)
- Textphone: Use Type Talk by dialling 18001 from a textphone followed by 0808 800 3333.
- Post: Scope, PO Box 833, Milton Keynes, MK12 5NF.



The Calm Zone.net

Mental health problems can come about from any number of stresses and worries that all of us have at some time or another in our lives. Perhaps it's relationship problems, homelessness, job stress or money worries.

It's important to recognise when things are getting serious. This is usually when the problem begins to interfere with our ability to cope day to day.

It's also important to remember that, with the right support, most people manage their mental health problems successfully and lead fulfilling lives

0800 58 58 58



## Anxiety UK

Helpline for those suffering from anxiety disorders - panic attacks, phobias, obsessive/compulsive disorders, social anxiety and associated depressions. Information on self-help groups in the UK. Self-help resources, factsheets, quarterly newsletter. Therapy available across the UK for members on a face-to-face basis and over the phone. Formerly known as the National Phobics Society.

How to contact  
Phone, email or write enclosing an SAE.  
Phone: 08444 775 774  
Email: [info@anxietyuk.org.uk](mailto:info@anxietyuk.org.uk)  
Website: [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)  
Address: Zion Community Resource Centre, 339 Stretford Road, Manchester, M15 4ZY



## Bipolar UK

Provide a range of services to enable people affected by bipolar and associated illnesses to take control of their lives. Services include; information and support, telephone mentoring, support groups, youth groups, and a free online discussion forum the eCommunity.

How to contact  
Phone, write or email.  
Phone: 020 7931 6480  
Email: [info@bipolaruk.org.uk](mailto:info@bipolaruk.org.uk)  
Website [www.bipolaruk.org.uk](http://www.bipolaruk.org.uk)  
Address: 11 Belgrave Road, London, SW1V 1RB

## British Association for Behavioural and Cognitive Psychotherapies

Organisation for Cognitive Behaviour Therapy. Academic and professional membership. Offers workshops, conferences, publications and interest groups. Also provides information on accredited therapists to the general public. Leaflets on a range of issues including anxiety, depression, eating disorders and general health.

How to contact Phone or write. Information available via website. Phone: 0161 705 4304 Email: [babcp@babcp.com](mailto:babcp@babcp.com) Website [www.babcp.com](http://www.babcp.com) Address: Imperial House, Hornby Street, Bury, BL9 5BN



## Depression Alliance

Information and support services for anyone affected by depression. Quarterly newsletter, national pen friend scheme offering support and fellowship to people with depression and their carers. Produce booklets and leaflets on various aspects of depression.

How to contact  
Phone, email or write.  
Phone: 0800 123 2320  
Email: [information@depressionalliance.org](mailto:information@depressionalliance.org)  
Website: [www.depressionalliance.org](http://www.depressionalliance.org)  
Address: 20 Great Dover Street, London, SE1 4LX



## Depression UK

National charity supporting people experiencing depression and those who care for them. Newsletters, pen and phone friend schemes, internet d-uk chat and information. Annual membership fee of £10. Formerly called Fellowship of Depressives Anonymous.

How to contact Write or email. (If require a detailed reply, please give a postal address). Phone: 0870 7744320  
Information phone  
line Email: info@depressionuk.org Website  
www.depressionuk.org Address: D-UK, Self Help Nottingham, Ormiston House, 32-36 Pelham Street, Nottingham, NG1 2EG





## Fylde Coast Men's Support

Support, advice, counselling and a helpline for male survivors of rape, childhood sexual abuse and domestic abuse, and their families and friends. Support for men who are suffering from depression or who self harm. Group meetings in Fleetwood - phone for further details. Training for individuals and groups who may come into contact with survivors.

How to  
contactPhone.Phone:07932  
898274Email:fcmsa@yahoo.co.uk  
Address:PO Box 126, Fleetwood,  
FY7 6WN



## LawCare

Advisory service for solicitors, barristers, judges, advocates, members of ILEX, their families and staff, dealing with health problems and related emotional difficulties. Advice on work related stress or depression, family or financial problems, and alcohol, drug or other misuse or dependency problems. Referrals to appropriate health and counselling services.

How to contact  
Phone, email or write.  
Phone: 0800 279 6888  
Email: [admin@lawcare.org.uk](mailto:admin@lawcare.org.uk)  
Website: [www.lawcare.org.uk](http://www.lawcare.org.uk)  
Address: PO Box 147, Benfleet, SS7 3WX



## SupportLine

We offer confidential emotional support to children, young adults and adults by telephone, email and post. We work with callers to develop healthy, positive coping strategies, an inner feeling of strength and increased self esteem to encourage healing, recovery and moving forward with life.

We also keep details of counsellors, agencies and support groups throughout the UK.

You can call our Helpline number  
on:  
01708 765200





# YOUNG MINDS

The voice for young people's **mental health and wellbeing**

YoungMinds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people. Driven by their experiences we campaign, research and influence policy and practice.

## ChildLine

Freephone 0800 1111 (24 hours)

[www.childline.org.uk](http://www.childline.org.uk) | online chat

| message boards



Get Connected is the UK's free, confidential helpline service for young people under 25 who need help, but don't know where to turn.

By phone

Call us FREE on

0808 808 4994

Open from 1pm - 11pm every day

By text

Text us FREE on

80849

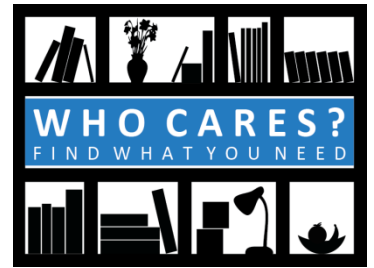
Texts will usually be answered  
within 24 hours

By email

Emails will usually be answered  
within 24 hours

By webchat

Open from 1pm - 11pm  
every day



## YMCA

Counselling services for 13- 25 year olds in West Sussex YMCA

INDIVIDUAL COUNSELLING FOR YOUNG PEOPLE AGED 13 – 25 IN West Sussex

Contact us by email to make a referrak

[Community.counselling@ymcadlg.org](mailto:Community.counselling@ymcadlg.org)

Call us to discuss an appointment or text us to cancel an appointment 07739 893707





## Being centre

Gate Lodge  
Stane Street  
Slinfold  
West Sussex  
RH13 0RE

Tel 01403 790855

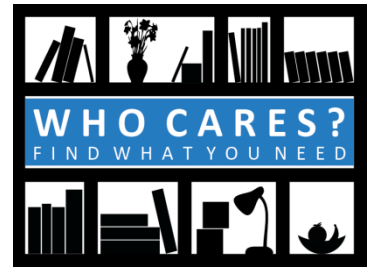
Tel 07803 251538

Email [wendy\\_gatelodge@hotmail.com](mailto:wendy_gatelodge@hotmail.com)

Email [beingcentre@hotmail.co.uk](mailto:beingcentre@hotmail.co.uk)

Website [www.beingcentre.co.uk](http://www.beingcentre.co.uk)

Please contact for further information



## Confide counselling service

Confide is a non profit making, non sectarian service that subscribes to a broadly Christian approach and is open to everyone, confide offers help and advice for people experiencing relationship difficulties, bereavement or loss, problems at work, low mood and anxiety.

Please contact for further information

[www.confide-counselling.co.uk](http://www.confide-counselling.co.uk)



## Marriage Care

Tilgate  
Crawley  
West Sussex  
RH10 5BS

Helpline 24hrs: 0845 660 6000

Counselling appointments: 0800 389 3801

National Office: 020 7371 1341

Mobile rate: 01159 934 255

Email: [info@marriagecare.org.uk](mailto:info@marriagecare.org.uk)

Website: [www.marriagecare.org.uk](http://www.marriagecare.org.uk)

Marriage care offers marriage and relationship counselling to all of the community, whether married or not. – please contact for further information.

## Relate –

Counselling Support and information for all relationships

Location Crawley Relate Centre Outpost

The Orchard, 1-2 Gleneagles Court, Brighton Road

Crawley

West Sussex

RH10 6AD

United Kingdom Services offered Relationship Counselling

Sex Therapy

Children and Young People's Counselling

Phone 01293 657055

Email [reception.crawley@relatesussex.org](mailto:reception.crawley@relatesussex.org)

Website [www.relatesussex.org](http://www.relatesussex.org)

Opening times Monday: 9:30-21:00

Tuesday: 9:30-21:00

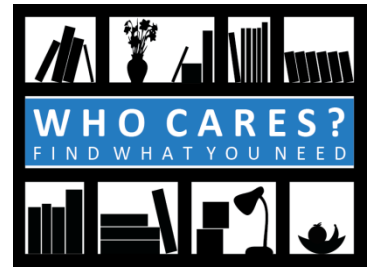
Wednesday: 9:30-21:00

Thursday: 9:30-21:00

Friday: 9:30-16:00

Saturday: 9:30-13:00

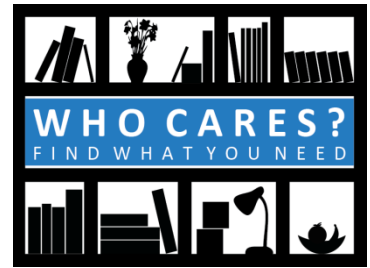
Sunday: Closed



## Relateen Counselling for Young People

Relateen is a dedicated counselling service for young people aged 10-19 who have relationship issues they would like to talk about. This may be the break-up of their parents relationship, a new adult in the family or peer relationships. Our counsellors get what's going on in young people's lives and can help you deal with the challenges of school life and growing up. We will listen and help you to understand your relationships better, whether they are with parents, peers or teachers.

Telephone 01293 657055



## HCCG

We are a team of qualified and experienced counsellors, based at Alphacom House in Oakhill Road in Horsham.

We offer an affordable community based counselling service to adults, children and young people in Horsham and Crawley. We aim to see you promptly and with flexibility around appointments. Our counselling is open ended which means we work at your pace.

We hope you find the information on these pages helpful – please use the contact links above to enquire about appointments or call us on 01403 217900

