



Time to Talk can help you...

- regain control of your life
- enjoy and participate in life again
- develop a new understanding of your difficulties
- learn new ways of coping

Problems we can help you with including:

Anxiety: worrying far too much? Then anxiety may be a problem to tackle

Sleep problems: how to deal with sleepless nights and a racing mind

Phobias: when a fear of something or some place gets out of hand

Stress: can't relax, tense or irritable? We can help you break the cycle

Depression: sometimes we need help adjusting to changes in life and learning how our thoughts affect our feelings

Panic attacks: find out what to do when fear stops us doing what we want to do

No confidence? learn how to develop a can-do attitude



Time to Talk is available at convenient GP surgeries and local centres across West Sussex.

For information, advice or to make a booking, contact your local **Time to Talk** centre...

Crawley

Telephone: 01293 843300

Burgess Hill, East Grinstead and Haywards Heath

Telephone: 01444 251084

Horsham, Steyning, Henfield and Storrington

Telephone: 01403 227048

Worthing, Shoreham, Lancing and Littlehampton

Telephone: 01903 703540

Chichester, Bognor, Arundel, Manhood Peninsula, Southbourne, Pulborough, Petworth and Midhurst

Telephone: 01243 812537

A secure and discreet service

What you tell us will remain confidential, except in the most unusual circumstances, for instance to prevent harm or to comply with the law. Your GP will receive a summary of your care when you leave our service.

Time to Talk



Are you feeling down, anxious or stressed? Finding time to talk will help



Time to Talk offers you the time and support to make the changes you want so you can feel better.

www.sussexcommunity.nhs.uk/timetotalk



What help do we offer?

Our professional staff offer you a range of therapies to help you overcome your problems, and to stay well:

Practical help and support

Get a personalised programme tailored to your needs. Face-to-face sessions and telephone support will help you find a solution to your problem. Your programme may include reading and projects to help you practice what you learn. You can look forward to:

- a workshop with information and help around depression, stress and anxiety
- web-based support and learning
- workbooks with exercises and techniques to improve the way you manage

Employment advice and support

As part of our service our specialist advisers are committed to helping you to stay in work whilst you recover, or help you resolve employment problems. We can offer help and advice for people who wish to get back into work.

Cognitive behavioural therapy (CBT)

– groups or one-to-one

CBT is a structured talking therapy focusing on here-and-now problems. It will help you identify your unhelpful thoughts and behaviours which contribute to low mood, stress or anxiety. The aim is to change these patterns so that you feel better and learn how to keep yourself well.

Counselling – one-to-one

Counselling is a talking therapy to help you cope with a range of difficulties, including depression, relationship problems or adjusting to life's events. Use it to explore and understand why you may be finding life difficult and develop other ways of managing so you can feel better.

Information about other services and support

With so much choice available we can help you contact the right organisation, advice service or website that is right for you and your needs. These may include anything from free exercise/gym programmes, to support for carers or volunteering opportunities.



How do I get help?

Ask your GP, health visitor or practice nurse to refer you to *Time to Talk* for a convenient assessment.

Please read the enclosed instruction sheet which explains how to book your appointment with Time to Talk.

What will happen next?

After your assessment, together we will decide which treatment is right for you. We will use a simple questionnaire at each session to check how you are feeling.

If you require more intensive support, we will help you to get it.

