Welcome

We are constantly looking to expand services to make sure we can reach as many people as possible. We know that our community-based services have a vital role in providing proactive and responsive care to the population we serve. We know that the way we work often helps to prevent people from becoming seriously ill and stops their situation escalating to a point of crisis. ‘Time to Talk Health’ and ‘ChatHealth’ are two great examples of this approach.

Siobhan Melia,
Chief Executive, Sussex Community NHS Foundation Trust
We’ve launched a social media campaign on Facebook to encourage people in West Sussex to contact our friendly Time to Talk Health service who may be struggling with or who seek support with their long-term health condition. Time to Talk Health is a new psychological talking therapy service which people can self-refer by phone, online, email or can be referred via their GP.

The service is part of a national initiative to provide psychological therapies to people with physical health conditions who have become worried, anxious or low in mood.

Young people are using text service ChatHealth to seek support and advice

Last year in April we launched an innovative text service, ChatHealth, which allows young people aged 11-19 to get confidential support and advice about any mental or
physical health problem from their School Nurse via text messaging. Many young people said they found it hard to seek initial advice face-to-face and prefer to communicate via their mobile.

This video features Robert, aged 13 from Littlehampton, who talks about his experience. More information about ChatHealth including case studies is available here.

October Board meeting

Watch live, on the go and on catch up

Note that we’ll be live streaming our October Board meeting as usual via our Facebook profile on Thursday 26 October from 10:05am till 1pm, increasing access to Board decisions. Our Chair, Peter Horn, will take questions after each agenda item. All are welcome to attend our Board meetings in person. Board papers are available here.

Excellente care at the heart of the community

© 2017 Sussex Community NHS Foundation Trust
Sussex Community NHS Foundation Trust, Brighton General Hospital, Elm Grove, Brighton BN2 3EW
01273 696011 | www.sussexcommunity.nhs.uk | scftcommunications@nhs.net