

Mental Health

<http://www.docready.org>

Docready has information and advice about what to expect and how to plan speaking to a GP about your mental health. Examples such as a 'Check List' are available to plan what you are going to say to a health professional. We do understand that sometimes it can be embarrassing or awkward talking about your problems.

Feeling stressed, anxious or depressed?

<http://www.sussexcommunity.nhs.uk/services/servicedetails.htm?directoryID=16358>



Time to Talk is a counselling service in West Sussex for anyone over the age of 18. You can call them direct yourself on 01243 812537 between 9.00am and 5.00pm or leave a message outside these hours or your doctor can refer you to their service.

The Wave Project, are an organisation who help young people to reduce anxiety and improve confidence through surfing!

The award winning surf courses are [proven](#) to help clients feel calmer, more motivated and better about their future.

Although the most local courses to us are on the south coast in Brighton, this link may provide an alternative, avenue for support.

<http://www.waveproject.co.uk>

Self Harm Although not local to us you may find that 'Right Here West Sussex' can be another area of help. Based in Brighton their project is aimed at promoting good mental and emotional wellbeing. You can visit their website www.right-here-brightonandhove.org.uk/ which lists lots of free activities, opportunities to volunteer, for people aged 16-25 years old.



www.cruse.org.uk



Bereavement affects us all whether you are an adult, young person or child. There is no right way to react and everyone will respond differently. If you are struggling with mood swings, unable to concentrate, quiet and withdrawn or have disturbed sleep or struggling with behaviour problems you may benefit from seeking help and advice from Cruse Bereavement Care. Contact them on 0844 477 9400 or email helpline@cruse.org.uk.

Sometimes it may be difficult to talk to your parents, friends or relatives about the loss of a loved one, the doctors or nurses here can offer you help and support, but Cruse have specially trained volunteers and also a dedicated 'young persons' web site called 'Hope Again' designed by young people for young people.



<https://www.westsussex.gov.uk/18969>

NEW emotional wellbeing support for young people in West Sussex

We are delighted to announce the launch of Youth Emotional Support (YES), a new service to provide support for young people aged 11-18 years.

The YES service will be based at the current FindItOut centres in;

Chichester

FindItOut, New Park Road, Chichester PO19 7XY
01243-538587/07894809119

Crawley

FindItOut, 37 Queens Square, Crawley RH10 1HA
01293-843334

Horsham

FindItOut, The Y Centre, Albion Way, Horsham RH12 1AH
01403-213568

Worthing

FindItOut, 24 Marine Place, Worthing BN11 3DN
01903-210315 / 07952044336

Online at: <https://www.westsussex.gov.uk/18969>

Who can the service support?

The service can support young people with issues relating to their emotional wellbeing such as:

- Self-Harm
- Low mood
- Mild depression

- Low self-esteem
- Relationships
- Anger
- Isolation
- Disengagement from education, employment or training.
- Those affected by Child Sexual Exploitation.

What does the service offer?

The service offers the following support:

- Young person's counselling
- Face to Face support in FindItOut centres offering information, advice and guidance
- Intensive support from emotional wellbeing caseworkers
- Family support through advice and signposting
- Targeted youth group programmes e.g. self esteem, anxiety, anger and domestic abuse

Patients can 'walk in' to the centre or be referred by their GP.

Patients can 'walk in' to the centre or can wait to be contacted for an appointment. (Please note the centres can become busy at times and therefore drop-in clients may be asked to wait on arrival for a worker to be available.)

[For more information see this leaflet >](#)