

# Time to Talk

**Feeling stressed, anxious or depressed?**  
We can help... and you can start to feel better.

**We offer a free and confidential service to people aged 18 and over who are registered with a local GP.**

If you live in West Sussex you can phone to book an assessment on **01243 812537**.  
(Or speak with your GP)

**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 08457 909090
- Or call **Sussex Mental Health Line** – 24 hours a day if you live in (West Sussex) 0300 5000 101

See our short video for more information.  
Go to YouTube and search for West Sussex Time to Talk

[www.sussexcommunity.nhs.uk/t2t](http://www.sussexcommunity.nhs.uk/t2t)