

# TIME TO TALK

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

Who we are? Free and confidential NHS service for anyone  
over 18 who is registered with GP in West Sussex

How can you refer?

- call us on **01403 620434**
- online at: [www.sussexcommunity.nhs.uk/ttt](http://www.sussexcommunity.nhs.uk/ttt)
- talk to your GP about referral

*If you need urgent help, contact your GP immediately,  
go to A&E, call Samaritans on 116 123 (24hr/day)  
or call Sussex Mental Health line on 0300 5000101 (24hrs)*



*Excellent care at the heart of the community*