

## Other support available

Help is available if you are experiencing a mental health crisis, are worried about a family or friend, or want to find the other services available in Sussex.

For non-emergency situations:



### **NHS 111**

Tel: 111 and select the option for mental health



### **Sussex Mental Healthline**

Tel: 0800 0309 500



### **Sane Line**

Tel: 0300 304 7000



### **Samaritans**

Tel: 116 123



### **Shout mental health text support**

Text: SHOUT to 85258

In an emergency, call 999 or go to your nearest A&E department.

[www.sussexpartnership.nhs.uk/getting-help](http://www.sussexpartnership.nhs.uk/getting-help)

# Getting support for your emotional and mental wellbeing in your GP surgery



Do you have a diagnosed mental illness, or are having difficulties with your mental health and wellbeing and would like coping strategies and resources to help you feel better?

Emotional Wellbeing Services are now available in many GP surgeries across Sussex, to offer you information, advice, guidance and support.

## How to get support

Contact your GP surgery.

If appropriate, you may get referred to a Mental Health Support Coordinator, who will contact you to discuss the options of support available.



## Types of support

We will provide you with short periods of support, and work with you, and your family or carer, to create a personalised plan that enables you to work towards your goals and take positive steps forward at a speed that works for you.

You will usually have one-to-one support, either in person, over the phone, via online video calls, or by email. We may also offer small group workshops.

We also give you information about other services in your area that may be helpful for you.