

# 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.**

You can refer yourself to Time to Talk, by contacting us to discuss an assessment. You can do this by phone or online.

**Telephone: 01403 227048 or 01293 843300**

**Online: <http://www.sussexcommunity.nhs.uk/ttt>**

(Or you can talk to your GP about a referral)

**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 116 123
- 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/ttt](http://www.sussexcommunity.nhs.uk/ttt)