

Time to talk

Did you know that you can self-refer to Time to talk?

If you are registered with a GP in west Sussex you can self-refer to the Time to Talk service by calling them directly on
01403 227048

The lines are open between 9 – 5pm Monday to Friday, and there is an answerphone where you can leave messages outside of these times and a colleague will call you back.

- Time to Talk can offer you help with
- Anxiety and worry
- Depression and low mood
- Stress
- Panic attacks
- Phobias
- Post-traumatic stress disorder
- Obsessive compulsive disorder
- Sleep problems
- Self-esteem and confidence
- Assertive skills