



We believe no-one should have to face a mental health issue alone

## Mental health support in Worthing

At our groups you will find advice, friendship, encouragement and activities to aid your recovery, and support to help you live well.

We also offer a programme of one-to-one support



# Who can use our service?

Anyone who:

- is living in West Sussex and/or is registered with a GP in West Sussex
- is aged over 18
- has mild to moderate mental health needs.

# What we do:

We work in partnership with people who use our service and with other local agencies

We offer community-based support to people who are concerned about their mental health to:

- ◆ improve physical health and mental well-being
- ◆ learn new skills and ways of solving problems
- ◆ build relationships with family, friends and communities
- ◆ manage the practical aspects of daily living
- ◆ get into education, training and work.



## How we help:

- assessment
- goal planning
- drop-in sessions
- courses.
- peer mentoring
- signposting
- and more...

## Other services we offer include:

- support for young people, aged 16-25
- Families in Mind, for parents with young children
- training: a range of funded and bespoke courses
- Open Minds, our anti-stigma and awareness raising project.

## How to contact us

You can access support from us easily. You, or someone on your behalf can ring or email via the contact details on the back of this leaflet. We may be able to offer help or information over the phone but it is more likely we will suggest a meeting to look at options together.



If you're worried about your mental health,  
please get in touch with our recovery team

“Without your support,  
I probably wouldn't be  
here. I know I can say  
anything and you will  
listen. You helped me  
get my life back.”



It's easy to get help, just ring us on  
**01903 258107**



The Gateway, 8-10 Durrington Lane, Worthing, BN13 2QG  
01903 277000 | [info@coastalwestsussexmind.org](mailto:info@coastalwestsussexmind.org)  
[www.coastalwestsussexmind.org](http://www.coastalwestsussexmind.org) | Charity no: 1155918

We are affiliated to National Mind but separate and independently funded

To donate text CWSM01 £10 to 70070

**time to change**  
**west sussex**

let's end mental health discrimination



**pathfinder**  
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