



We're still here to support you with your mental health

Our support plan from March 23, 2020

Due to the Government advice regarding Coronavirus, we are offering the following services.

Anyone struggling with their mental health:

- can ring us on any of the phone numbers below or email the addresses listed below to let us know you would like to talk.

- when we speak, you can tell us what is happening and we will listen. We can also offer advice and information and direct you to other sources of support. If we agree you could benefit from some regular support from us, we can develop a well-being/support plan with you.

People we are already in contact with and supporting:

- can phone or email us for advice and information. Phone/email addresses remain the same and are below
- will be offered booked phone support appointments to review well-being/support plan and discuss any issues
- where people are more at risk or isolated, particularly people who are self-isolating and live alone, we will keep in touch with you by phone and email to make sure you are safe and have what you need.

Phoning us - please note

We now have most of our staff working from home. Because of this, we may only have one duty person answering the phone. This means most of the time when you ring us, we will need to have a quick conversation to take your details. Then the duty member of staff will get someone who has time to talk to you to ring you back as soon as they can.

Watch this space - we will update again on March 30.

From next week, we hope to be able to offer opportunities to book and take part in on-line supportive groups and activities. We are also planning to extend our phone and on-line support sessions and appointments across evenings and weekends.

Our service contact details

Bognor and Chichester (older people): 07495 077341, email:

cim@westsussexmind.org

Chanctonbury: 07495 077298, email:

pathfinder.chanctonbury@westsussexmind.org

Littlehampton: 01903 721893, email:

pathfinder.littlehampton@westsussexmind.org

Midhurst: 07474 871899, email: pathfinder.midhurst@westsussexmind.org

Worthing: 01903 268107, email: pathfinder.worthing@westsussexmind.org

Southwick (the Corner

House): 01273 871575, pathfinder.adur@westsussexmind.org

Youth services

Worthing

01903 268107

ypsworthing@westsussexmind.org

Adur

01903 268107

ypsworthing@westsussexmind.org

Chanctonbury (Steyping, Storrington, Pulborough and surrounding areas)

07732 026030

ypschanctonbury@westsussexmind.org

Littlehampton and Bognor

01903 721893

ypsarun@westsussexmind.org

Midhurst and Chichester

07496 988212 / 07949 963757

ypsichichester@westsussexmind.org

Families in Mind parental mental health support for parents of children of nought to five:

Worthing and Adur (Shoreham, Southwick, Lancing): 01903 268107

Bognor and Littlehampton: 01903: 721893

Do remember, there are some useful tips and advice online to help you cope if you are feeling anxious about Corona virus and also to help you with staying at home.

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

If you have any questions or queries you can email info@westsussexmind.org



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Worthing, West Sussex Bn13 2QG
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