

Whatever's on your mind, let's find support that helps.



SMALL STEPS, HELPFUL SUPPORT

Start with what is worrying you

Feeling low or overwhelmed?

Speak to your GP if you are anxious, persistently low or finding it hard to cope. Adults can self-refer to NHS West Sussex Talking Therapies for help with anxiety and depression. No GP referral is needed.



westsussetalkingtherapies.nhs.uk



Money worries?

Please speak to Worthing Homes early, even if you have not missed a payment. Ask about support with benefits, budgeting and energy costs, or help finding specialist debt advice.



01903 703100



info@worthing-homes.org.uk



Not sure what to say?

"I'm finding things difficult and would like some help."



A place to turn



Community House

Groups, activities, talking therapy, computer access, food support and help finding other services. Ask what is available and whether you need to book.



01903 703176



ch@worthing-homes.org.uk

25 Dominion Road, Worthing, BN14 8JZ. Monday to Friday, 9.30am to 4pm



Your home and tenancy

Tell us if repairs, antisocial behaviour, feeling unsafe or managing your tenancy affect your wellbeing. We can discuss housing support and help you find other services.



01903 703100



info@worthing-homes.org.uk

You can also contact us through Home HUB.



Caring for someone?

Carers Support West Sussex offers guidance and emotional support for unpaid carers. Email the team or visit its website.



info@carerssupport.org.uk



carerssupport.org.uk



KEEP THESE DETAILS HANDY

When you need urgent support



Call NHS 111

Select the mental health option. Available 24/7.



Text SUSSEX to 85258

Free, confidential support by text.



Samaritans: 116 123

Free, day or night, if you need someone to listen.

Staying Well Worthing

Out-of-hours crisis support for adults.

No appointment is needed; calling ahead is encouraged.

Phone: 01903 268107 (during opening hours)

Method House, North Street, BN11 1DU

Entrance at the back, on Gordon Road.

Weekdays: 5pm to 10.30pm

Weekends: 3pm to 10.30pm



**Immediate danger?
Call 999 or go to A&E.**

Need help reading this or another format? Ask Worthing Homes: 01903 703100.