

Karen, a service user says:



"I know there is a safety net with Pathfinder.

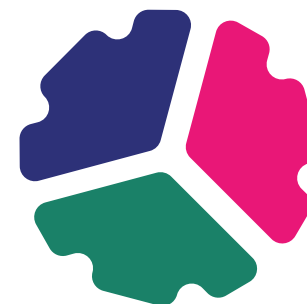
I would recommend it - it's like there is someone listening, who cares.

My experience is valued, and it makes you feel as if you have some worth, knowing that there is someone there."



Need help with mental health and wellbeing?

Pathfinder is an alliance of organisations working together to enable people with mental health support needs, and their carers, to improve their mental health and wellbeing.



Please do get in touch!

Lots of people struggle with their mental health or care for someone who is struggling, but many people find it hard to take the first step and ask for support. We are here to listen and support you. We will identify what help you need and where you can find it.

Find useful information, local service details, and self-help resources at:

Advice, information & support for people affected by mental health problems, as well as carers, friends and professionals.

How we can support and advise you



Pathfinder provides **advice, information and support** for people affected by mental health problems, as well as carers, friends and professionals.

Pathfinder gives you a **single point of contact** in your local area. Our staff are trained to provide one to one advice and support. You can call or email us.

- We **listen to you** so we can fully understand what's happening
- We can give you the right **advice and information**
- We can **advise you of local services and support** that can help you with your mental health and wellbeing

How to contact us



There are nine Pathfinder areas across West Sussex.
The phone numbers & email addresses are below.

- **Adur area** (inc. Fishersgate, Lancing, Shoreham, Sompting, Southwick etc)
T: 01273 871575 • E: pathfinder.adur@corner-house.org.uk
- **Bognor** T: 01243 863034 • E: pathfinder.bognor@capitalproject.org
- **Chichester** T: 01243 780420 E: pathfinder.chichester@richmondfellowship.org.uk
- **Crawley** T: 01293 534782 • E: pathfinder.crawley@sussexoakleaf.org.uk
- **Horsham** T: 01403 241866 • E: pathfinder.horsham@richmondfellowship.org.uk
- **Littlehampton** T: 01903 721893
E: pathfinder.littlehampton@coastalwestsussexmind.org
- **Midhurst** T: 07474 871899 • E: pathfinder.midhurst@coastalwestsussexmind.org
- **Mid-Sussex area** (inc. Burgess Hill, Haywards Heath, East Grinstead etc)
T: 01444 416391 • E: pathfinder.mid-sussex@sussexoakleaf.org.uk
- **Worthing** T: 01903 268107 • E: pathfinder.worthing@coastalwestsussexmind.org

Pathfinder operates during **normal working hours**. If you're calling out of hours or can't get through, just leave a message or drop us an email and we'll get back as soon as possible.

We may not always be able to respond quickly as **we're not a crisis service** but our website provides contact details for **other services if you need urgent help**.