***Talking* IBS**

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**Fall**

At Time to Talk Health we understand that living with Irritable Bowel Syndrome (IBS) can be difficult. You may become worried, anxious or low in mood, which can make managing your IBS really hard. It can get you down and be a real burden.

Time to Talk Health is a free and confidential NHS Service for West Sussex residents aged 18+ who need support with IBS – whether to adjust to a new diagnosis or later on. Our qualified team of therapists and practitioners, alongside your healthcare team, work with you in order to achieve the outcomes you want, whether you want to:

* Overcome your worries, anxiety or low mood about IBS.
* Reduce the impact of IBS on your home life, work and/or other activities.
* Make healthier lifestyle changes – big or small.
* Get the best out of any medication you’re prescribed.
* Increase your knowledge and understanding of symptoms.
* Be in control of it rather than IBS controlling you.

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We offer a range of interventions to suit you, such as:

* Phone consultations – we’ll ring you at an agreed time.
* One-to-one sessions in person.
* On-line digital materials and interventions.
* Group work with people just like you.
* Guided self-help at a pace that’s right for you.
* We also join your healthcare teams in their clinics and groups.

Time to Talk Health is available 8am-8pm Monday to Friday in venues across West Sussex. You can ask your healthcare professional to refer you or contact us directly:

* Click online at [www.sussexcommunity.nhs.uk/ttth](http://www.sussexcommunity.nhs.uk/ttth)
  + - * Give us a call on **01273 666480** - a message can be left outside of working hours and will be responded to the next working day.
* Email your contact details: [sc-tr.LTCreferrals@nhs.net](mailto:sc-tr.LTCreferrals@nhs.net) - no personal information is needed.

Time to Talk Health is provided by Sussex Community NHS Foundation Trust and is an expansion of the Time to Talk service.