Time to Talk Health is a free and confidential NHS Service for West Sussex residents aged 18+ who would like some support with one or more of the

**Asthma**

**COPD**

**Diabetes**

**Heart conditions**

**IBS**

**Musculo- skeletal (MSK) problems**

08

**Fall**

diagnosed conditions listed on the right.

Our qualified team of therapists and practitioners work with you alongside your healthcare team in order to achieve the outcomes you want, whether it’s to:

* Overcome worries, anxiety or low mood about your health.
* Reduce the impact of your condition(s) on home life, work and/or other activities.
* Make healthier lifestyle changes big or small.
* Increase your knowledge and understanding of your symptoms.

**Time to Talk Health**

Monday to Friday 8am-8pm

across West Sussex.

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

**Asthma**

**COPD**

**Diabetes**

**Heart conditions**

**IBS**

**Musculo- skeletal (MSK) problems**

* Phone consultations –

we’ll only call at an agreed time.

* One-to-one sessions in person.
* On-line digital materials / interventions.
* Group work with people just like you.
* Guided self-help for you at your own pace.
* We can also join your healthcare teams in their clinics and groups.

**Just 1 click or call away and start to feel better**

* Click online: [www.sussexcommunity.nhs.uk/ttt](http://www.sussexcommunity.nhs.uk/services/servicedetails.htm?directoryID=22972)h
* Call on **01273 666480** – a message can be left outside of working hours and will be responded to the next working day
* Email us at: sc-tr.LTCreferrals@nhs.net

 - no personal info needed

***When your long term condition is getting you down- it’s time to talk health***