

**Useful stuff ☺**

**Crisis Numbers:**

*Sussex Mental Healthline: 0800 0309 500*

*Samaritans 116123 for telephone support 24 hours a day, 365 days a year*

*SANEline out of hours mental health helpline 0300 304 7000*

*NHS 111 when you need medical help fast, but it's not a 999 emergency.*

*SHOUT text crisis line – text Shout to 85258*

*Staying Well Crisis Café at Crawley -* [*https://www.waythrough.org.uk/find-support-near-me/crawley-staying-well/*](https://www.waythrough.org.uk/find-support-near-me/crawley-staying-well/) *(open 5-10.30pm with a practitioner on site)*

**Useful meditations/guided imagery:**

*Insights Timer -* [*https://insighttimer.com/*](https://insighttimer.com/) *(lots of things to listen to on a variety of mental health topics)*

**Self Help:**

*CCI Health -* [*https://cci.health.wa.gov.au/Resources/Looking-After-Yourself*](https://cci.health.wa.gov.au/Resources/Looking-After-Yourself) *(covers a huge range of mental health issues with guides and worksheets to complete)*

**Counselling/ Therapy:**

*NHS Talking Therapies -* [*https://www.westsussextalkingtherapies.nhs.uk/self-refer*](https://www.westsussextalkingtherapies.nhs.uk/self-refer) *(self-referral so no need to go through your GP, predominantly Cognitive Behavioural Therapy)*

*Headstrong Counselling -* [*https://headstrongcounselling.co.uk/*](https://headstrongcounselling.co.uk/) *(low cost counselling offered via video with trainee counsellors, suitable for lower level mental health issues)*

*Sam’s Therapy -* [*https://www.sams-therapy.co.uk/*](https://www.sams-therapy.co.uk/) *(lower cost counselling/psychotherapy offered either in person or by video)*

*Wild Heart Woodland -* [*https://wildheartwoodland.com/*](https://wildheartwoodland.com/) *(outdoor therapy)*

**Holistic Therapies:**

*Emotional Freedom Techniques (working with the body) – Emma Reid 07966 428907*

*Complete Harmony Retreats (energy healing/ hypnotherapy) – Lucy Rowell 07808 768570*

*Outdoor Therapy running groups & workshops – Laura Huzzey 07762 475129*

**Other Groups:**

*Sistershare – Every Wednesday 6.30-8.30pm at Old Court House, College Lane, East Court*