

# The Health in Mind service is provided in partnership by:

## Sussex Partnership NHS Foundation Trust

Sussex Partnership NHS Foundation Trust provides specialist mental health, substance misuse and learning disability services across Sussex.

[www.sussexpartnership.nhs.uk](http://www.sussexpartnership.nhs.uk)

## Turning Point

Turning Point is an independent social care organisation providing services in the UK across mental health, learning disability, substance misuse and employment.

[www.turning-point.co.uk](http://www.turning-point.co.uk)

**Health in Mind services are free for the residents of East Sussex.**

**Health in Mind is part of the Improving Access to Psychological Therapies Programme (IAPT).**

IAPT is a country wide government initiative to improve access to Talking Therapies.

## How to access Health in Mind:

You can access Health in Mind either by asking your GP to refer you to the service, or contact Health in Mind directly in one of the following ways:

Telephone:

**0300 00 30 130**

Lines open Monday to Friday, 9.00am to 5.00pm

Email:

**[spt.healthinmind@nhs.net](mailto:spt.healthinmind@nhs.net)**

Visit our website:

**[www.healthinmind.org.uk](http://www.healthinmind.org.uk)**



If you require this document in another format such as large print, audio or other community languages please contact: 0300 00 30 130



Finding it hard to think positively?

Feeling stressed?

Not performing your best at work?

Wishing things could be different?

Lacking motivation?

# Are you OK?

Strained relationships?

Life feeling hard?

Feeling under pressure?

Less time for things you enjoy?

Have a lot on your plate?

Psychological Wellbeing Practitioners

Sussex Partnership NHS Foundation Trust



We all go through low points at times in our lives and it is not unusual to experience symptoms such as stress, anxiety and depression.

## Who are Psychological Wellbeing Practitioners (PWP's)?

They are qualified professionals who offer a unique kind of interactive support which will provide you with the skills, techniques and knowledge for you to help yourself to greater wellbeing, both now and in the future.

PWP's will work with you using self-help materials mostly based on CBT (cognitive behaviour therapy) principles. They help you understand what is causing you to feel stressed or low as well as providing techniques to overcome the problems and develop new coping strategies for the future.

“Thank you so much for delivering such an enlightening course. It has opened my eyes to a whole new way of thinking and I have found it a revelation. For the first time in my life, I feel that I now have the tools to tackle the recurring bouts of anxiety that I experience.”

## What we offer...

**Support is available in a course format or on a one-to-one basis.**

### Courses

PWP's offer courses to help with low mood and anxiety in community venues across East Sussex at different times of the day and some also in the evenings.

- Stress Control
- Confidence and Assertiveness
- Everyday Happiness

## We also offer...

### One-to-one support

PWP's support people by working through self-help materials which are tailored to your current difficulties. They mostly offer up to 6 sessions (usually over the telephone) which can be flexibly arranged for the most convenient time for you.

### Signposting

A PWP will talk with you about any difficulties you have and discuss what resources may be helpful to you. If we cannot offer you suitable support we will point you in the right direction to a service that can.

“I would just like to thank you all for your help. I feel so much better, much less anxious now, and by reading the information you have given me I know I can come back to it in the future if I need to. It has been great working with you and I have found all of the work very useful and helpful.”