Health in Mind

Health in Mind is run by Sussex Partnership NHS Foundation Trust. They are able to help patients with mild to moderate mental health issues, such as stress, anxiety, depression and low self-esteem.

They also offer courses to help with stress control, anxiety etc and run an online treatment service called Silvercloud that has a number of resources.

You do not have to be referred by your GP to access Silvercloud or book onto a course.

How can I refer myself to benefit from this service?

The quickest way to refer yourself to Health in Mind is via their website at www.healthinmind.org.uk and click on 'online referral' on their home page.

Please complete the referral form with as much information as possible as this will make your referral process quicker.

Suitable for Health in Mind Self-Referral	Unsuitable for Health in Mind Self-Referral
- You are over 17.5 years of age. - Low mood, stressed, anxious, panicky. - Problems with mood, sleep and coping. - Low self-esteem. - You wish to manage your mood and the way you feel, other than just taking medication. - You are willing to try psychological intervention, such as participating in a course, in groups, face-to-face or online.	- You are under 17.5 years of age. - If you feel you are a risk to yourself or others. - You are involved in substance misuse. - You are hearing voices. - You feel you need immediate support. - You feel you need medication. - You have already been diagnosed with a mental illness. If you are experiencing any of the above, please contact your GP who will be able to support your and/or refer you to a more appropriate service.

How quickly will I hear back from Health in Mind?

Once you have completed the referral, a member of the Health in Mind team will contact you.

Please note they are not a priority service and may take up to 20 working days to get in touch. If you need urgent support please contact the Surgery, your GP will be able to support you whilst you are waiting for the appropriate help from Health in Mind.