

# Getting support for your emotional wellbeing in your GP surgery

Do you have a diagnosed mental illness, or are having difficulties with your mental health and wellbeing?

Emotional Wellbeing Services are now available in many GP surgeries across Sussex, to offer you information, advice, guidance and support.

## How to get support

Contact your GP surgery. If appropriate, you may get referred to a Mental Health Support Coordinator, who will contact you to discuss the options of support available.

This could include one-to-one support, useful resources, and signposting to the other services available in your local area.

## Other support available

Help is available if you are experiencing a mental health crisis, are worried about a family or friend, or want to find other services available in Sussex.

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

