

MENTAL HEALTH SERVICES

Anyone who is experiencing mental health difficulties should first see their GP, who will be able to make an assessment, and either provide treatment themselves, or refer on to specialist mental health services for assessment and/or treatment. Problems can range from mild depression or anxiety, through to more serious problems in which someone's behaviour, emotional or mental state can be seriously affected.

For the carer, this stage of getting the person they care for to begin to ask for help can be one of the most difficult times. The person experiencing the problems may feel unable to tell someone else what is going on for them; they may be frightened or ashamed, feel that they must sort out the difficulty themselves, or feel that nothing can be done to help. Although the situation is gradually changing, there is still stigma attached to mental health difficulties.

Carers should not be afraid to ask for help for themselves, as the caring role can be very demanding. The carer may well want more information about the particular illness that the person they care for is suffering from, information about local services, or just someone to talk to about the situation.

If the person experiencing the problems does not feel able to talk to a health professional about their difficulties, it may be necessary for the carer to make the first approach to the GP, who should be able to advise on the options available. Phoning one of the helplines mentioned in this section, or Carers Support Service, Worthing & District, may help in this case.

One in Four

It is important for both the person experiencing problems and their carer to recognise that mental health difficulties are very much a part of modern life, with one in four of the population seeking help for such a problem at some stage. Unfortunately, acknowledging that there is a problem can be difficult, but generally speaking, the earlier that help is sought, the less a person's life will be seriously affected. The GP may decide that he can deal with the difficulty himself, and prescribe treatment such as medication, or refer someone to a course of counselling. The GP will also check the person's general health, as there are a number of physical illnesses which can produce symptoms of mental ill health.

Specialist Mental Health Services

If the GP decides that specialist help is needed, he will refer the person, usually to one of the Community Mental Health Teams which are described later on in this section. Each team has a range of specialist staff who will assess what treatment is needed. Patients are often treated in the community as outpatients, but if the problem is more serious the person may be offered a stay in an inpatient unit whilst treatment is started and the person's situation is stabilised.

Stays in inpatient care are comparatively short in most cases, but are often followed by periods of care in the community. There are a range of support services which operate in the community, from the Community Mental Health Teams, to supported accommodation, day centres, employment projects, advocacy projects, outreach projects and a county-wide mental health helpline.

Care Plans

Every person receiving care from specialist mental health services should have a care plan, which outlines the package of support that they will receive, and also names a care manager (sometimes called a care co-ordinator), who is responsible for co-ordinating that care. Carers providing regular and substantial care are also entitled to an assessment of their needs, and a care plan of their own detailing the support they will receive.



Information

Carers often feel poorly informed about the services that the person they care for is receiving, and about the nature of the illness they are suffering from. Carers should be able to approach those professionals providing the care to ask for further information. In most cases the information will be readily available, although issues of confidentiality may prevent professionals from passing on information in some cases. Where a carer feels they are not being given the information they need about the care and treatment of the person they care for, they should approach the service concerned and make their own needs for information clear, or contact Carers Support Service, Worthing & District if they need support in such an approach.

Further Enquiries

There are also a number of specialist national mental health organisations that we can put you in touch with. For further details, for emotional support or any other enquiry, contact Carers Support Service, Worthing & District on 01903 536378.

CARERS SUPPORT SERVICE

01903 536378

MENTAL HEALTH CARERS SUPPORT GROUPS

The groups aim to provide information and support to carers of people who use mental health services in the area. The groups offers the chance to meet and talk with other carers, find out more about local services, share information about mental health issues and hear speakers on mental health topics.

- **Meadowfield**, Swandean Hospital, Arundel Road, Worthing meets on the second Monday of the month (not Bank Holidays) from 6.30pm – 8.30 pm.
- **Rivendell**, 23 Maltravers Drive, Littlehampton meets on the first Wednesday of the month from 10.30am – 12pm.
- **Adur**, Milward Court, Wilmot Road, Shoreham by sea meets on the third Wednesday of the month from 6.30pm - 8.30pm.

CARERS SUPPORT GROUP MENTAL HEALTH HORSHAM AND CHANCTONBURY

Carers support group for carers of people with mental health needs in Horsham & Chanctonbury. Offers mutual support and sharing of information. Meets on the last Thursday of each month in the club room at Horsham Hospital from 7pm until 8.30pm.

CLINICAL PSYCHOLOGY SERVICE

01903 843530

Part of Sussex Partnership NHS Trust, provides general psychological and counselling services for working age adults, people with learning difficulties and specialist service for young people with early onset psychosis. Also provides specialist psychologists for neuropsychology, health and pain. Child and Adolescent psychology services are now located at the Children's Centre, Worthing Hospital.

COMMUNITY MENTAL HEALTH TEAM

Part of Sussex Partnership NHS Trust, the teams include CPNs (Community Psychiatric Nurses), Psychiatrists, Social Workers and Occupational Therapists.

Adur area (under 65's), Carters Lane House, Shoreham by Sea, 01273 440950

Adur area (over 65's), Glebelands, Middle Road, Shoreham by Sea, 01273 268800

Arun area, (Working age) Pepperville House, Fort Road, Littlehampton, 01903 735960

Chanctonbury area, (Working age) 24 Old Mill Square, Storrington, 01903 741414

Worthing area, Greenacres, Homefield Road, Worthing, 01903 843888

The Assertive Outreach Team, Highdown Unit, Swandean, Arundel Road, Worthing BN13 3EP, 01903 846650, works with people under the age of 65 who have a severe and enduring mental health difficulty.

COMMUNITY PSYCHIATRIC NURSE

The Community Psychiatric Nurse (CPN) is a specialist nurse who works in the community with people who have mental health difficulties. They can offer help to the whole family if one member has an illness such as depression, anxiety, phobias or schizophrenia. A CPN works as part of the Community Mental Health Team.

CRISIS RESOLUTION SERVICE

Operating on a 24 hour, 7 day a week basis, this multi-disciplinary service run by Sussex Partnership NHS Trust aims to provide a realistic alternative to a hospital admission during a time of mental health crisis. Referrals are made by the Community Mental Health Teams, In-Patient services and Emergency Teams.

DAY AND INPATIENT CARE and DROP IN CENTRES

- **Acre Day Hospital, Worthing**

Day Hospital providing care for working age adults with mental health problems, from Worthing area. Referrals received via the community mental health teams.

- **Arun Care**
Aims to help improve the quality of life of persons suffering from or recovering from mental health problems, in Littlehampton.
- **Friday Friends, Henfield**
Self-help group supported by volunteers (formerly Willow Drop-in Group) for people recovering from psychiatric illness or carers who are isolated. The group offers emotional and practical support, refreshments and activities are available. Meets on the third Friday of the month at 1pm. *Area(s) covered: Chanctonbury only.*
- **Halcyon Club, Shoreham**
Social contact for older people including those who may have had mental or general health problems and be feeling isolated or lonely. They are unable to cater for people with Alzheimer's Disease or dementia or provide help with personal care during meetings. Meets on Thursdays between 2pm and 5pm. It may be possible to arrange transport within the Adur district. Activities (optional) include craft, games, gentle exercise, musical entertainment and occasional outings.
- **Hollies Social Club**
The Centre offers both individual and peer support to people with severe and enduring mental health difficulties, and allows people to develop social skills in a safe and supportive environment. Access to this support is by self-referral. The centre is open 6 days a week at various times.
- **Henfield Day Centre**
The Day Centre is open on Mondays, Wednesdays and Fridays for people with physical disabilities (after stroke etc) or mental health difficulties (depression, stress etc). On Tuesdays and Thursdays it is open for people with dementia. *Area covered: Chanctonbury only.*
- **Meadowfield Psychiatric Unit**
Unit providing in-patient care for people with mental health problems. In-patient services from Crescent House, Homefield and Highdown are now based at Meadowfield.
- **MIND Day Centre**
For people aged 18 and over from Worthing, Littlehampton, Shoreham and Chanctonbury areas with mental health difficulties. Cannot cater for Alzheimer's or other dementias. Provides therapeutic occupation, woodwork, arts and crafts, computers, gardening etc. Referrals from the Mental Health Team or your GP. Transport can be arranged for members. Website: www.worthingmind.co.uk

- **Rivendell Mental Health Resource Centre**

A day centre run by Worthing MIND for people with mental health problems. Cannot cater for people with Alzheimers Disease or other dementias. Referrals can be made by the individual's key worker. *Area(s) covered: Littlehampton/East Arun.*

- **Shoreham and District Mental Health Association Centre**

A registered charity providing an independent day centre for people living in Adur, aged 18-65 who have suffered or are suffering mental health difficulties, offering support and a wide range of activities. Also operates **Respite Ansas** (Assessed Needs Activities Service), an individually tailored, activity based planned respite service for people with mental health needs. Website: www.sdmha.co.uk

- **Tea & Chat Club - Littlehampton**

A drop-in centre that caters for people with mental health problems and is open to all. The club provides activities, refreshments and lunch for a small charge.

EARLY INTERVENTION IN PSYCHOSIS SERVICE

Mental health service for young people at risk of developing (or those experiencing) symptoms of psychosis for the first time. The service focuses on recovery. The support includes help with employment, relapse prevention and getting back into meaningful activity. The premises are accessible for wheelchairs and there is disabled parking. Referrals can be accepted from any source including self or carer.

FIRST STEPS TO FREEDOM

www.first-steps.org

This is a confidential helpline for people with phobias, anxiety or who have obsessive and compulsive disorders or who are suffering tranquilliser withdrawal. Also helps, advises and supports carers of those with borderline personality disorder. Services include fact sheets and self-help booklets.

FORRESTERS RESPITE CENTRE

www.forresters.info

Forresters is a respite centre owned and managed by Rethink for people who have experienced any form of mental distress, their families and carers. Designed as a specialised country hotel but staffed with a 24 hour care team and on-call cover. Respite care breaks including theme weeks, and short notice respite care. Also provides up to 6 weeks of step-down care for people who no longer need to be in psychiatric hospital.

GET ACTIVE PROJECT

www.worthingmind.co.uk

Sports and physical activities at minimal cost for mental health service users in Adur, Arun and Worthing districts. Aims to improve fitness, allow people to socialise, build self esteem and have fun. Activities include walking, cycling, swimming, badminton, tennis, gym sessions, camping trips and more. Referral via a Mental Health Co-ordinator. The "Get Active" Project is funded by Worthing MIND with additional funding from Primary Care Trust.

IMPACT INITIATIVES – WEST SUSSEX

www.impact-initiatives.org.uk

This service is for unemployed adults (18-65) with mental health needs, physical/sensory disabilities, or acquired brain injury and offers individual guidance and assessment, information and advice on careers, education courses, training and work opportunities, support in accessing voluntary work, training programmes, educational courses and paid work, skill development including preparation of CVs, interviews and job search.

MENTAL HEALTH CARE

www.mentalhealthcare.org

Mental Health Care is aimed at anyone providing support to someone experiencing mental illness. The web site contains information about mental health and mental illness, research findings from the Institute of Psychiatry and South London and Maudsley Trust and personal stories written by carers.

MENTAL HEALTH CARERS SUPPORT WORKERS

01903 528600

These posts with CSS, Worthing & District cover Adur, East Arun, Chanctonbury and Worthing, and support carers of people of working age who have a mental health difficulty which is not dementia. A full entry for this service is towards the front of the Pack, under CSS, Worthing & District.

MENTAL HEALTHLINE – WEST SUSSEX

0845 300 2727

A countywide 24 hour confidential helpline run by Sussex Partnership NHS Trust for people coping with mental health difficulties, extreme distress and suicidal feelings, their carers or families and anyone who needs advice or information about mental health services. Can provide practical advice about what help is available and emotional support / a listening ear.



MIND – NATIONAL ASSOCIATION FOR MENTAL HEALTH

www.mind.org.uk

Information on all aspects of mental health including legal matters for service users, carers, family and friends, researchers, students, service providers and the public.

MIND WEST SUSSEX ADVOCACY PROJECT

MIND West Sussex Advocacy Services for adults aged 18-65, and young people aged 11-19 who are inpatients or living in the community. Adult Services: Pressure Point advocacy for Adur, Arun and Worthing; Mid Downs Advocacy for Crawley, Horsham, Haywards Heath, Burgess Hill and East Grinstead. Speak your Mind Advocacy (for young people) has two workers for North and South areas of West Sussex. Also Independent Mental Health Advocates in North and South West Sussex specifically for detained patients.

RESPITE ANSAS

Respite service in Adur, Arun and Worthing. Works in partnership with carers to offer help to people of all ages with mental health problems. An innovative way to meet people's needs and offers an assessed, activity based service providing a planned break from home.

Referrals in conjunction with Care Co-ordinator. Comprehensive advice on severe mental illness, treatment and community care including welfare benefits and housing, and access to carer support groups.

RETHINK

www.rethink.org

Provides a national advice service to people with severe mental illness, and support to sufferers of schizophrenia and other severe mental illnesses, and to their relatives, friends and carers.

SANE

www.sane.org.uk

SANE aims to raise awareness, respect and standards of education, training and secure services for people with mental illness. Operates SANELINE – an out of hours information and emotional support line to those experiencing mental health problems, their families and carers.

SOUTHDOWN HOUSING ASSOCIATION

www.southdownhousing.org

Non-profit making housing association, providing housing and support for adults with disabilities. In addition, Southdown has day facilities and supported employment services. Covers Adur, Worthing, Horsham.

STEPS TO WORK (formerly Pathways to Work)

The Steps to Work Partnership is a project for people in West Sussex with various barriers to employment including mental health needs, problems associated with substance misuse, physical and sensory impairments, acquired brain injury and learning difficulties. The project provides information, advice and guidance on learning, training and employment issues. The project is a collaboration of voluntary organisations which are co-ordinated and facilitated by a Central Team based in Enterprise House, Horsham.

SUSSEX PARTNERSHIP CARERS CHARTER

01903 843185

www.sussexpartnership.nhs.uk/services-and-information/information-for-carers/carers-charter/

This Carers' Charter is Sussex Partnership Trust's statement of values, principles and standards in relation to all carers of people who use the organisation's specialist mental health, learning disability and substance misuse services. The Charter covers how the Trust intends to address the areas which carers have said are important, such as Information, Assessment processes, Short breaks, Emotional support, Support to care and maintain carer's own health, Having a voice, A life beyond caring, and Equality and diversity.

TRIUMPH OVER PHOBIA

This organisation teaches structured self-help to people who suffer with phobias and obsessive compulsive disorder. Send S.A.E. to PO Box 3760, Bath BA2 3YW for latest information on location of groups.

UNITED RESPONSE

United Response is a charity working across England and in Wales supporting people with learning disabilities, mental health needs or physical disabilities. Provides support and information about work and training opportunities, housing etc.

YOUNG MINDS

www.youngminds.org.uk

Charity committed to improving the emotional well being and mental health of children and young people and empowering their parents and carers.