

Can you say how the service might be beneficial?

If you are making a referral on behalf of someone else, please provide the following details:

Your name:

Contact details:

Organisation:

Date of referral:

How does the person feel about this referral?

Please return this form to your nearest office. Contact details are on the middle inside page this leaflet.

Our young people's mental health service is not a crisis service. If you need an urgent response to feeling at risk of harm, please call 999 or go to your nearest A&E department.

**For non-emergency situations:**

Visit your GP or contact your out-of-hours GP

Call NHS 111 service, the non-emergency number available 24 hours a day, seven days a week. Ring 111.

Other services you can contact are:

**Samaritans** 116 123

Free to phone, available 24 hours a day, seven days a week

**Sane Line** 0300 304 7000

Local rate calls, 4.30-10.30pm every day

**Child Line** 0800 1111

Available 24 hours a day, seven days a week

**Sussex Mental Health Line** 0300 5000 101

Available, 5pm-9am, Monday to Friday and 24 hours at weekends and bank holidays.



Coastal West Sussex Mind  
The Gateway, 8-10 Durrington Lane, Worthing BN13 2QG.  
01903 277000  
info@coastalwestsussexmind.org  
www.coastalwestsussexmind.org  
Charity no: 1155918



# Young people's mental health

For young adults, aged 16-25



A guide to support for young adults aged 16-25 in Worthing, Adur, Bognor, Littlehampton, Chancetonbury, Midhurst and Chichester



Be Ok is a free mental health service for people aged 16 to 25, offered by Coastal West Sussex Mind in the Worthing, Shoreham, Littlehampton, Bognor, Chichester, Midhurst and Chanctonbury areas.

We provide confidential support to promote resilience and independence and offer opportunities for people to manage challenges related to mental health and well-being.

*Worried about your mental health and want advice or information?*

*Have a mental health diagnosis and need help learning to cope?*

*At college or university and struggling to cope with your mental health?*

*Moving from children and young people mental health services to adult services?*

#### **We can help you with:**

- One-to-one sessions to look at planning ways forward
- Developing plans that are based on your strengths, skills and knowledge
- An informal social group you can drop into
- Focused learning and group activities, informed by the needs and wishes of those involved with our young people's service.

**Get in touch and start your recovery journey today.  
Email, text or phone us to take the first steps.**

#### **Worthing**

Nicky Lambley  
01903 258107  
ypsworthing@coastalwestsussexmind.org

#### **Adur**

Catherine White  
01903 258107  
ypsworthing@coastalwestsussexmind.org

#### **Chanctonbury (Steyning, Storrington, Pulborough and surrounding areas)**

Alison Duggin  
01903 258107  
ypsworthing@coastalwestsussexmind.org

#### **Littlehampton and Bognor**

Matt Spear  
01903 721893  
ypsarun@coastalwestsussexmind.org

#### **Midhurst and Chichester**

Nadine Avey-Stapley  
07496 988212  
ypschichester@coastalwestsussexmind.org

## Self (or agency) referral

Name:

Date of birth:

Address:

Telephone:

Email:

Preferred method of contact:

Phone  Email  Text

Please outline any mental health needs or explain what is difficult: