

Pathfinder West Sussex launches new approach to support better mental wellbeing

Pathfinder West Sussex is an alliance of organisations working together to enable people with mental health support needs, and their carers, to improve their mental health and wellbeing.



As well as supporting people with their mental health, we help them to improve their physical health and wellbeing.

Pathfinder values the expertise of people with lived experience of mental health challenges and actively involve them to design, deliver and monitor our services. Our name comes from a suggestion made by service users and we proudly carry this as our umbrella title.

Each Pathfinder area has a lead provider and a local planning group that meets regularly to co-ordinate, plan and improve mental health support in that local area.

Each Pathfinder Area has a single phone number and single email address hosted by the lead provider.

Any individual or professional can make contact through these routes to get advice, information and sign-posting to available support. Any individual who lives in West Sussex or professional working in West Sussex can make contact with Pathfinder through these routes anywhere in West Sussex.

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Each Pathfinder area provides:

- A **single point of access** to mental health and wellbeing support
- A **range of services** to support people with their mental health and wellbeing
- **Advice, information and sign-posting**, including clear information about what support is available locally
- **Access to a clinical service** provided by nurses and occupational therapists from Sussex Partnership NHS Foundation Trust who work alongside other Pathfinder agencies:
 - **Providing support to successfully discharge people** from Sussex Partnership teams (Step down) and to link them to the wider Pathfinder Alliance
 - **Providing proactive preventative support** and link to Sussex Partnership teams if required (Step up) for people accessing Pathfinder Services
 - **Improving links** for people between other critical partners (Step across), such as Time to Talk



pathfinder
west sussex
FOR BETTER MENTAL WELLBEING

There is a Pathfinder website - www.pathfinderwestsussex.org.uk - which provides information about Pathfinder, how to contact your local Pathfinder area, support and services available in each Pathfinder area, tips for staying well, useful resources and links to relevant websites.

AREA	CALL	EMAIL
Adur area (inc. Fishersgate, Lancing, Shoreham, Sompting, Southwick etc)	01273 871575	pathfinder.adur@corner-house.org.uk
Bognor	01243 863034	pathfinder.bognor@capitalproject.org
Chichester	01243 780420	pathfinder.chichester@richmondfellowship.org.uk
Crawley	01293 534782	pathfinder.crawley@sussexoakleaf.org.uk
Horsham	01403 241866	pathfinder.horsham@richmondfellowship.org.uk
Littlehampton	01903 721893	pathfinder.littlehampton@coastalwestsussexmind.org
Midhurst	07474 871899	pathfinder.midhurst@coastalwestsussexmind.org
Mid-Sussex area (inc. Burgess Hill, Haywards Heath, East Grinstead etc)	01444 416391	pathfinder.mid-sussex@sussexoakleaf.org.uk
Worthing	01903 268107	pathfinder.worthing@coastalwestsussexmind.org



For more information, visit: www.pathfinderwestsussex.org.uk