

Thank you for reaching out about your mental health concerns. Sorry to hear that you're struggling, but it's an important first step to recognise that you need support. There are many resources available to help you.

Self-Help Tools for Mental Health

We offer a range of self-help options to support your mental health journey, which you can access through our Self-Help Page. These resources can help you manage anxiety, stress, depression, and other mental health concerns.

Local and Online Support:

- **iTalk** provides Cognitive Behavioural Therapy (CBT) and counselling for conditions like anxiety, depression, and grief in Hampshire. You can reach them at **02380 383920**, or you can refer online through their website: [iTalk Referral](#).
- **Mind** is another great resource offering guidance, information, and support for mental health. You can explore their self-help options here: [Mind Website](#).
- If you prefer private therapy, you can find a registered therapist in your area through the **British Association for Counselling and Psychotherapy (BACP)**: [Find a Therapist](#).

Specialized Support: If you are dealing with autism-related mental health issues, **Autism Hampshire** offers tailored support: [Autism Hampshire](#). For those experiencing suicidal thoughts, **CALM (Campaign Against Living Miserably)** provides 24/7 support via phone and web chat: [CALM](#).

Additional Online Tools and Communities:

- **Headspace** offers guided mindfulness and meditation tools to help manage stress and anxiety: [Headspace Website](#).
- **Togetherall** (formerly Big White Wall) is an online community where you can access peer support, courses, and self-help tools: Togetherall.
- **Elefriends**, hosted by Mind, is an online community where you can connect with others in similar situations: [Elefriends](#).
- **Frazzled Cafe** provides virtual peer support groups: [Frazzled Cafe](#).

Urgent Support and Safety Netting:

- **NHS 111 Mental Health Triage Service** offers immediate 24/7 support and guidance for mental health crises. If you ever feel your situation is urgent, don't hesitate to call **111** or visit their website: [NHS 111](#).
- In a life-threatening emergency, please call **999**.
- **Southern Health NHS** provides acute crisis services: [Southern Health NHS](#).
- For those in West Sussex, the **Chapel Street Clinic** is available for crisis services: [Chapel Street Clinic](#).

Self-Help Options and Resources:

- Consider using mindfulness techniques, which can be particularly helpful for reducing stress. Both **Headspace** and **CALM** are excellent apps that can guide you.
- You may also want to explore self-help books available through the **Books on Prescription** program at your local library, offering guidance on topics like anxiety and depression.

Please remember, you are not alone. There are many options to support you through this, whether through therapy, community support, or online resources. If you're unsure where to start or need further assistance, please don't hesitate to contact us again.

Depression , Stress and Anxiety

If you're experiencing symptoms of depression, you're not alone, and there are many resources available to help you. Depression can affect various aspects of your life, but with the right support, treatment, and self-care, it is possible to manage and improve your well-being.

Understanding Depression and How We Can Help

Depression can involve feelings of sadness, hopelessness, and a lack of interest in activities once enjoyed. It is important to reach out for help when you begin to feel overwhelmed. At Emsworth Medical Practice, we offer a range of support services tailored to your needs. You can find more information on our [Depression Page](#), which outlines how we can support you.

Treatment Options

For many individuals, a combination of therapy, medication, and lifestyle changes can be effective in managing depression. We offer access to mental

health professionals who can guide you through different treatment approaches. **iTalk**, for example, provides Cognitive Behavioral Therapy (CBT), which is helpful in addressing negative thinking patterns associated with depression. You can refer yourself directly online through their [website](#).

Medication Decisions

In some cases, medication may be considered to help manage symptoms of depression. It's important to make informed decisions about medication, and we are here to discuss any questions or concerns you may have. Our [Medication for Anxiety and Depression](#) page provides useful information on medication options, their benefits, and potential side effects.

Support for Anxiety and Stress

It's common for depression to co-occur with stress or anxiety. If you're struggling with these as well, our [Stress and Anxiety Page](#) offers helpful resources and strategies, including online tools and support services.

If you ever feel overwhelmed, don't hesitate to reach out to the services mentioned above. Taking the first step to get help is incredibly important.