



# SELF REFERRAL

West Sussex



**You can self-refer to these NHS services and access specialist care without needing to talk to your GP.**



**Muscle and joint problems** You can self refer to **Sussex MSK** online via their website



**Pregnancy care** You can access antenatal care and scan appointments directly at your local hospital



**Lifestyle changes** Supporting you to exercise, deal with stress and improve your general wellbeing



**BURGESS HILL & VILLAGES PCN**

More info on local services on [burgesshillvillagespcn.org](http://burgesshillvillagespcn.org)



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**Children and young people support**  
**Specialist emotional wellbeing and mental health support.**



**NHS West Sussex Talking Therapies**

**Depression and anxiety**  
**Formally known as Time to Talk, talking therapies can help with coping strategies**



**Sleepstation**

**Sleep improvement**  
**Clinically validated programme that can help you sleep better after just four sessions.**



**Alcohol and drug addiction**  
**Friendly and non-judgemental team offering support with substance addiction.**



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