



**University  
Hospitals Sussex**  
NHS Foundation Trust

# Staff Psychological Support Service

For further information please contact us:

Worthing, St. Richard's, Southlands Hospitals

01243 788122 Ext. 31624

Royal Sussex County, Brighton General, Princess Royal Hospitals

01273 696555 Ext. 63692

Email Address: [uhsussex.staffpsychologicalsupport@nhs.net](mailto:uhsussex.staffpsychologicalsupport@nhs.net)

[Health and Wellbeing website](#)

## **What is therapy?**

Therapy is about exploring worries, anxieties or feelings that are interfering with your personal or work life. You may be experiencing these issues currently, they may be from the past, or worries about the future. Therapy gives you the opportunity to be listened to, your worries to be taken seriously and to be supported in reaching your own decisions and conclusions.

## **Does anyone need to know I am seeing a therapist?**

Therapy is confidential, if you refer yourself, no one needs to know. Even if a friend, colleague, or a family member helps you to make an appointment, the content of each session remains confidential, unless you give us permission to discuss it.

## **Who has therapy?**

The Staff Psychological Support Service is available to all staff members of University Hospitals Sussex NHS Foundation Trust (UHSussex). You may be offered an onward referral if you have any specific requirements.

## **Who are the therapists?**

Most of our therapists are professionally qualified and have experience of working in a health care setting. As we are a counselling placement provider for universities in our area, some of our therapists will be in training working towards their professional qualifications. They will have achieved an amount of practitioner hours to enable them to have a level of competency within the counselling arena. All our therapists, including student counsellors, are accountable to the British Association for Counselling and Psychotherapy (BACP) Codes of Ethics and Practice, and are subject to its complaint's

procedure. All staff are fully supported by their manager and their professional supervisor.

### **Are my problems important enough?**

No problem is too big or too small - if it is bothering you, then it is worth sharing.

### **What kind of things do people talk about?**

Our therapists hear all kinds of issues, nothing is taboo. In a typical week they might deal with anxiety, depression, relationship difficulties, stress, confidence and assertiveness difficulties, group dynamics, bereavement, suicidal feelings, eating disorder, abuse, work related issues and managing change. Your issue does not need to be related to work for you to use the service.

### **How often will I need to come?**

The Staff Psychological Support Service is a short-term service and offers between 1 and 6 sessions. We begin with an assessment session where we will discuss how many sessions, we think will meet your needs. Some people find one session is enough.

### **Hot Spot Sessions**

Hot spot sessions are one off sessions that are available during weekdays. If you feel that you need to talk to someone for just one session, please call and request a hot spot session. You may find that this session leads to more questions, and counselling can then be offered.

### **If I decide to see a therapist how long will I have to wait?**

The Staff Psychological Support Service operates an appointment system. After receiving your referral form, we will send you a self-assessment form for you to complete and return within 10 working days. Once we receive this back you will be contacted when an appointment comes free. Each appointment is 50 minutes long, and usually takes place at the same time and day each week.

### **Do I have to come by myself?**

We know that sometimes it can be difficult to talk to a stranger, if you would like to see a therapist but are worried about attending on your own, we are happy for you to bring a supportive friend to your first session.

### **What if I need to talk to someone outside office hours?**

The counselling service does not provide a crisis service. If you feel in crisis and need to speak to someone, the Samaritans offer a 24-hour service every day of the year on Freephone **116 123**, or contact the Mental Health Rapid Response Service/ Mental Health Helpline on Brighton and Hove: **0300 304 0078**, East and West Sussex: **0800 0309 500** or contact your GP or **NHS 111**.

### **What if I need advice or information?**

Generally, counsellors do not tell you what to do, but there are times when you might need advice or information, and these will not be withheld if you make a specific request. If we do not have the information to hand, we can usually find it for you, or point you in an appropriate direction. The Citizens Advice Bureau is an invaluable source of legal, financial and consumer advice, they can be contacted on:

Citizens Advice Bureau:

Brighton and Hove

**0808 278 7815**

Worthing, Chichester and Haywards Heath

**0808 278 7969**

## How do I make an appointment?

Any member of staff can self-refer to the service. Your manager or Occupational Health department can also refer you. To book an assessment session we ask you to fill in a referral form and return by via email: [uhsussex.staffpsychologicalsupport@nhs.net](mailto:uhsussex.staffpsychologicalsupport@nhs.net)

If you have any questions, please contact the Staff Psychological Support Service:

Worthing, St. Richard's and Southlands Hospital - 01243 788122 Ext. 31624

Royal Sussex County, Brighton General and Princess Royal Hospital - 01273 696555 Ext. 63692

## The service process

When we have received your referral form, we will send you a self-assessment form for you to complete and return within 10 working days. Once we have received this back, you will be contacted when an appointment becomes free.