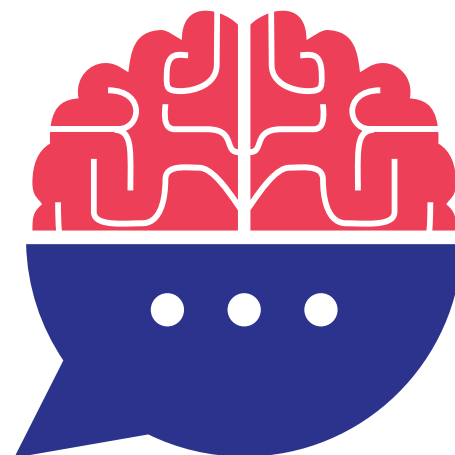


Let's talk mental health

Good mental health recognises
when you do not have good mental
health- it is ok to not feel ok.



Local and national organisations who offer talking in person and online support...

Sussex Mental Healthline Call NHS 111 and select Option 2 (available 24/7)
<https://www.sussexpartnership.nhs.uk/your-mental-health/getting-help/sussex-mental-health-crisis-line>

The Samaritans Tel. 116 123 (available 24/7) <https://www.samaritans.org/>

Text the word **Sussex** to 85258 (24/7 support via text chat)

The **Stay Alive app** (Grassroots Suicide Prevention) scan the QR code or visit
<https://prevent-suicide.org.uk/stay-alive-app-grassroots-suicide-prevention/>



Find the support you need, near you...

<https://www.pathfinderwestsussex.org.uk/>

West Sussex Mind Tel. 0300 303 5652 (Monday to Friday, 10am to 4pm)
www.westsussexmind.org

Staying Well offers support to people who are experiencing a self-defined mental health crisis (for example, they feel at breaking point and in need of urgent help). You can self-refer at any Staying Well Service in Brighton & Hove, Crawley, Eastbourne, Hastings or Worthing. This is available alongside any care you may already be receiving.

Staying Well in Worthing - out of hours crisis prevention

Methold House, North Street, Worthing BN11 1DU (Monday to Friday, 5pm to 10.30pm. Weekends, 12pm to 10.30pm.) Drop in or call 01903 268107 - no appointment needed.

Email: sww@westsussexmind.org

<https://www.sussexpartnership.nhs.uk/your-mental-health/getting-help/staying-well-services>

If you are worried about your own or someone's else's declining mental health, there are also other ways to get help...

In the first instance, contact your GP. Or if you feel that yours or someone else life is in danger, please attend your nearest Hospital A&E department.

If you believe there is an immediate risk of harm please call 999

For more information visit <https://www.arun.gov.uk/mental-health/>

