



Peer Support Service Support from Lived Experience

The Peer Support Service is provided by Peer Support Specialists, who are people with lived experiences of mental health challenges. They can support you to identify positive tools and strategies to manage your recovery and promote well-being.

We offer one-to-one support where we will work with you in up to 6-8 sessions, helping you to overcome challenges and working on specific goals.

We also offer weekly recovery-focused drop-ins where you can talk with other people facing mental health challenges in a friendly, informal environment.

You can refer yourself, or someone else can refer you on your behalf. Our referral form is available online at www.southdown.org or contact us.

Phone:
07772 613945

Email:
peerserviceesussex@southdown.org



People in Partnership Community Involvement

People in Partnership works alongside the community to involve them in the design and delivery of mental health services.

We also work with mental health providers and organisations, supporting them to engage with their local communities to develop support tailored to the needs of the local area.

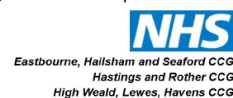
If you have lived experience of mental health challenges or you care for somebody with mental health challenges, we would love to invite you to share your experiences and have your say on mental health provision in your area.

Please get in touch.

Phone:
01323 340151

Email:
peopleinpartnership@southdown.org

These services are commissioned by East Sussex CCGs to help ensure that people living locally have access to high quality and responsive support.



A Guide to Southdown's Adult Mental Health and Wellbeing Services in East Sussex



Wellbeing Centres
Local Mental Health Support



Staying Well Space
Out of Hours Support



Community Connectors
Social Prescribing for Wellbeing



Peer Support Service
Community Peer Support



People in Partnership
Community Involvement

APRIL 2020



Wellbeing Centres Local Mental Health Support

Our Wellbeing Centres are available for adults who are experiencing issues affecting their mental health and wellbeing, and seeking support to get well, stay well and prevent crisis. Our team of friendly Recovery Workers will work with you to:

- Develop a personalised Wellbeing Plan
- Support you to access activities or groups (at the Centres and in the community)
- Give you goal-focused one-to-one support of up to ten sessions
- Support you to access services provided by other organisations

You can refer yourself, or someone else can refer you on your behalf. Our referral form is available online at www.southdown.org or contact us.

Phone:

Bexhill: 01424 215548
Eastbourne: 01323 405330
Hailsham: 01323 442706
Lewes: 01273 472453
Newhaven: 01273 517641
Uckfield: 01825 760684
St Leonards: 01424 435472

Email:

ESCN@southdown.org



Staying Well Space Out of Hours Support

The Staying Well Space provides evening and weekend recovery-focused support for adults living in East Sussex with mental health needs. We help you manage your mental health and prevent crisis.

The service operates from two locations; Hastings and St. Leonard's Wellbeing Centre and Eastbourne Wellbeing Centre. Both locations are accessible 7 nights a week.

If you need mental health support outside of normal working hours, the Staying Well Space is here for you to get support in a relaxed, friendly and safe environment.

You can refer yourself, or someone else can refer you on your behalf. Our referral form is available online at www.southdown.org or contact us.

After 4pm, urgent referrals to the service can be made by calling us free on 0800 0236475.

Phone:

0800 0236475

Email:

stayingwell.hastings@southdown.org
stayingwell.eastbourne@southdown.org



Community Connectors Social Prescribing for Wellbeing

Your Doctor isn't the only one that can help you feel better...

Community Connectors is available to adults who are experiencing issues affecting their physical or mental health and wellbeing*.

When everyday life is affecting your wellbeing we work in partnership with GPs to help you access support.

We will give you the time and space to identify what is important for your wellbeing and provide support to connect you with services, groups and activities in the local community that can help.

*Available to anyone aged 16+ living in Hastings & Rother, Eastbourne, Seaford & Hailsham areas.

You can refer yourself, or your GP practice can refer you on your behalf. Our referral form is available online at www.southdown.org or contact us.

Phone:

01323 340151

Email:

social.prescribing@nhs.net