A network of recovery services supporting people’s mental health and wellbeing.

Are you facing mental health challenges? You’re not alone. We can help.

Our friendly team of recovery workers and peer specialists can support you to get well, stay well and prevent crisis.

A leading provider of housing, care and support
What is the East Sussex Community Network?

It is a network of free community-based mental health recovery services for people (aged 16+) living in East Sussex. The network works closely with local hospitals, GPs and specialist health services to provide joined-up support.

Services include:

**Wellbeing Centres**

We provide seven Wellbeing Centres and an Outreach Service at which you can access support to develop skills and resilience to manage your mental health. Support includes one to one sessions, group activities and workshops.

**Staying Well Space**

The Staying Well Space provides out-of-hours mental health support. The service is provided at the Hastings & St Leonards Wellbeing Centre and is open seven days a week (6pm to 10.30pm Mon-Fri and 4pm to 10.30pm Sat-Sun).

**Peer Support Service**

Delivered by people with lived experience of mental health challenges, the Peer Support Service provides one to one support and group drop-ins. You can access the service at the Wellbeing Centres and in your local community.

**Thinking Well**

Thinking Well is a dedicated service for people with Personality Disorder, provided in partnership with the Sussex Partnership NHS Foundation Trust. It offers group drop-in, social and clinical sessions at the Wellbeing Centres in Lewes, Hastings and Eastbourne.

For more information please get in touch.
Call 01323 405 334 or email ESCN@southdown.org

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