

How to find us

Hastings & St Leonard's Wellbeing Centre
Carisbrooke House,
Stockleigh Road, TN38 0JP



From St Leonard's Warrior Square Station, walk south down London Road (towards the sea) and turn right onto Silchester Road. When you get to the Anglican Church, take the first right onto Stockleigh Road. Carisbrooke House is about half way up the road on the right, next to a nursery.

Eastbourne Wellbeing Centre
8 Saffrons Road,
Eastbourne, East Sussex,
BN21 1DG



From Eastbourne train station, head North on Terminus Road (away from town) towards a roundabout near Prezzo. Cross at the nearby crossing and head towards Eastbourne library (which you'll see). From the library, walk uphill along Old Orchard Road. The Centre entrance is at the top of Old Orchard Road, on the left, via a small car parking area.

Get in touch

For more information call 0800 0236475 or email us at:

- ✉ stayingwell.hastings@southdown.org
- ✉ stayingwell.eastbourne@southdown.org

EAST SUSSEX COMMUNITY NETWORK

STAYING WELL SPACE (East Sussex)



A safe space providing evening and weekend mental health support. Get help and advice from our friendly team of Recovery Workers & Peer Supporters.

The Staying Well Space provides evening and weekend, recovery-focussed support to help you manage your mental health and prevent crisis.

What support is available?

If you need urgent mental health support, outside of normal working hours, the Staying Well Space is here for you.

Get help and advice in a relaxed, friendly and safe environment.

Our team of Recovery Workers are on-hand to provide non-judgmental support tailored to your needs; whether that's simply listening or providing more in-depth support.

Peer Supporters (people with lived experience of mental health challenges) are also available to talk to.

5 Ways to Wellbeing



The support we provide is based on the 'Five Ways to Wellbeing' - connect, take notice, keep learning, be active and give.

These steps were created by the new Economics Foundation to give people the tools they need to take real control.

Am I eligible?

The service is available for adults (16+) living in East Sussex with urgent mental health support needs.

How do I access support?

- Support is provided at two of Southdown's Wellbeing Centres - St Leonards-on-Sea (Hastings) and Eastbourne; see overleaf for details.
- We are open 7 days a week; 5pm to 10.30pm on weekdays and 3pm to 10.30pm at weekends.

Please note, the service is not a drop-in service:

- To self-refer or refer on behalf of an individual, contact us using the details on the back page and we will complete a short referral form with you. We can do this by phone or email, whichever is easiest.
- You can also download the referral form from www.southdown.org
- After 4pm, urgent referrals to the service can be made by calling 0800 0236475.
- You only need to complete one referral, to be able to use both locations.

East Sussex Community Network

The Staying Well Space is part of the East Sussex Community Network; a range of recovery-focussed services, including seven Wellbeing Centres, a Peer Support Service and Thinking Well (a Personality Disorder service).

Other local Southdown services

- Wellbeing Centres
- Peer Support Service
- Home Works homelessness prevention
- Community Connectors
- People in Partnership
- Supported Employment

For more information visit www.southdown.org, call 01273 405 800 or email info@southdown.org