



Mental Health Recovery Services

EAST SUSSEX COMMUNITY NETWORK

# STAYING WELL SPACE

(Hastings & St Leonards-on-Sea)



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 Southdown's Wellbeing Centre in St Leonards-on-Sea (Carisbrooke House, Stockleigh Road, TN38 0JP).
- We are open 7 days a week; 6pm to 10.30pm on weekdays and 4pm 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 'introduction form' with you. We can do this by phone or email, whichever is easiest.
- You can also download the 'introduction form' from [www.southdown.org](http://www.southdown.org)
- After 4pm, urgent referrals to the service can be made by calling 07384 467 593.

## East Sussex Community Network

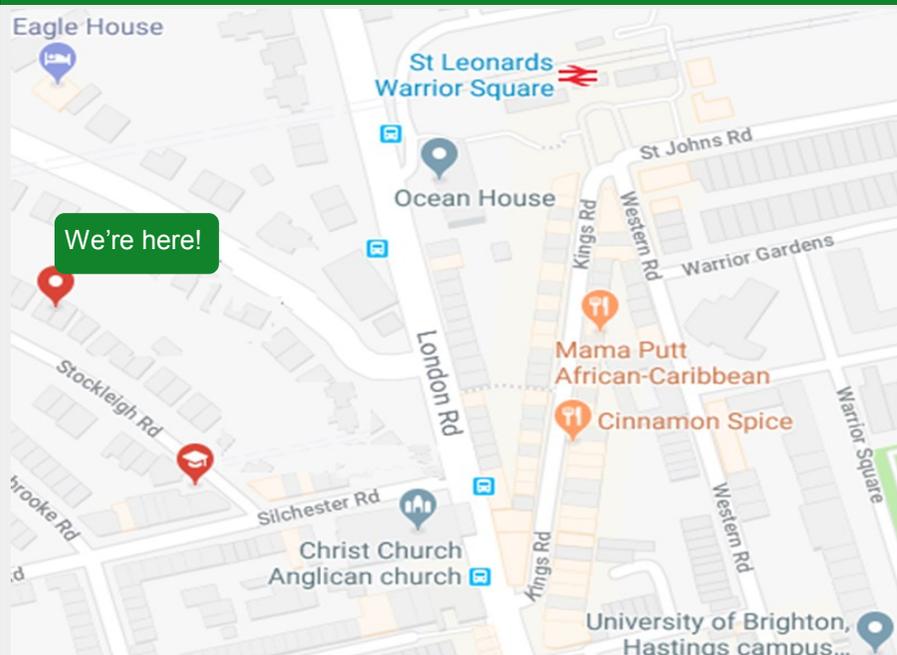
The Staying Well Space is part of the East Sussex Community Network; a range of recovery-focussed services, including 7 Wellbeing Centres, an Outreach Service, a Peer Support Service and Thinking Well (a Personality Disorder service).

## Other local Southdown services

- Hastings & St Leonards Wellbeing Centre
- Peer Support Service
- Home Works homelessness prevention
- Community Connectors
- People in Partnership
- Supported Employment

**For more information visit [www.southdown.org](http://www.southdown.org), call 01273 405 800 or email [info@southdown.org](mailto:info@southdown.org).**

## How to find us



**Our address is 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.

## Get in touch

For more information call 07384 467 593 or email us at [StayingWell@southdown.org](mailto:StayingWell@southdown.org).



Eastbourne, Hailsham and Seaford CCG  
Hastings and Rother CCG  
High Weald Lewes Havens CCG

