

Feel unable to cope?

Experiencing suicidal feelings
or worried you may hurt yourself
or someone else?

Hastings

Staying Well
Supporting you in a
mental health crisis

Staying Well Hastings

Staying Well in Hastings is an out-of-hours (evenings and weekends) service providing help and support to people who are experiencing a mental health crisis.

Please call during opening times to leave a message, or complete an online referral form on the service webpage (see back page) and staff will get back to you.

Opening hours:

Weekdays (excl Wednesday):
4.00pm to 10.30pm

Sunday:
3.00pm to 10.30pm

Find us at:

St Leonards-On-Sea
Wellbeing Centre,
Carisbrooke House,
Stockleigh Road,
Hastings, TN38 0JP

The nearest station is St Leonard's Warrior Square and local bus services (**routes 21, 23 and 31**) stop at Bus Charles Road.

Free parking is available on Stockleigh Road and in surrounding streets.

What should I do when I arrive?

When you arrive at Staying Well you should go to the front door and ring the bell.

Staff will ask you some questions before opening the door. They do this for everybody who comes to use the service. This is part of the Staying Well service risk assessment.

What support will I get?

You will be supported in a relaxed and welcoming environment by a team of mental health workers.

There may be other people using the service at the same time as you. It's up to you if you would rather sit quietly or talk to the other people in the room. You will be offered a drink by the team.

Staff will offer to talk with you about how you are feeling. You will go to a different room to talk, where it will be quieter and more private.

There are calming activities, sensory gadgets and fidget tools available for you to use if you want to.



Contact the service:

If you have any questions, please:

Phone:

0800 023 6475 (choose option #2)

Email:

stayingwell.hastings@southdown.org

Or visit:

www.southdown.org/services/staying-well-hastings

