



We're here to support you in a crisis

Staying Well Eastbourne offers an out-of-hours, same day service for people experiencing mental distress or requiring crisis support.

We provide a relaxed environment where you can get non-judgmental support tailored to your needs, whether that's simply listening or supporting you to reduce emotional and psychological distress. Our team can help you build skills to support your own recovery.

The service is available to everyone over the age of 18.

We are open seven days a week, 365 days a year:

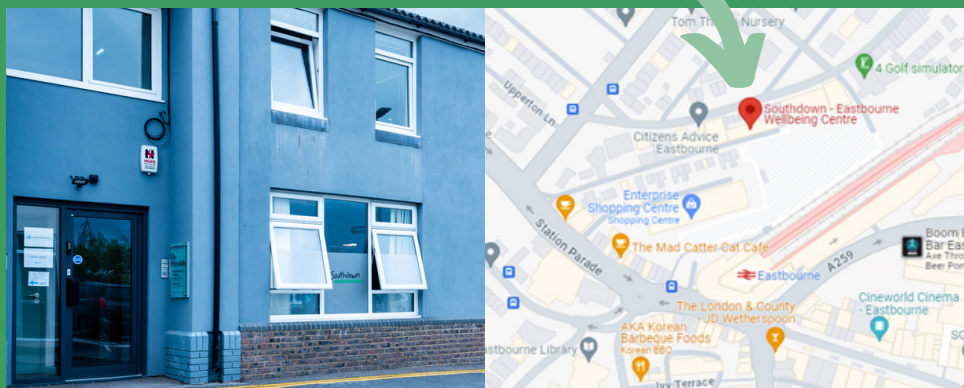
- Weekdays, 5pm - 10.30pm
- Weekends, 3pm - 10.30pm

You can access same day support by calling us on the telephone number below. Alternatively, you can complete an online referral for yourself or on behalf of an individual at: <https://southdownhousing.tfaforms.net/18>

Telephone (Freephone): 0800 023 6475, choose option #1

Find us at

Eastbourne Wellbeing Centre, Suites 1&2, The Printworks,
20 Wharf Road, Eastbourne, BN21 3AW



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We are a Neurodivergent, LGBTQ+, class, race, age and disability friendly service. We are committed to learning and striving toward a more inclusive and person-centred approach, by listening to your experience and providing meaningful support, information and advice according to your needs.

Staying Well is provided by Southdown in partnership with Sussex Partnership NHS Foundation Trust.

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

