

# Sussex Mental Health Crisis and Wellbeing Support over the 2023 Festive Period

- 1: Helpline, text and online support
- 2: In-person Staying Well Services
- 3: Local voluntary sector support in Brighton & Hove, and East Sussex
- 4: Free Christmas meals in West Sussex

## 1. Helpline, text and online support

### Telephone

- NHS 111: 'select the mental health option': Available 24/7
- Samaritans: open 24/7 for support including mental health problems and emotional distress 01273 772277 or text 07725909090
- Switchboard: offers support for the LGBTQIA+ community. 10am—10pm. Call 0300 330 0630
- Head Space: an out-of-hours service for individuals who are reaching the point of a mental health crisis 6pm—midnight, seven days a week. Call 07890 257 614

### Text Support

Shout: Text the word SUSSEX to 85258- Free, confidential, 24/7 support via a conversation with a trained volunteer.

### Online/App

Grassroots Suicide Prevention Staying Alive App: The app is free and can be downloaded onto any phone.

Can be used by those at risk or individuals who are worried that someone is at risk: <https://prevent-suicide.org.uk/find-help-now/stay-alive-app>

MindOut online chat service: A free, confidential, and non-judgmental Online Support Live Chat service for individuals who identify as LGBTQA+:  
<https://mindout.org.uk/get-support/mindout-online/>

## 2. In-Person- Staying Well Services

An Out-of-hours walk-in service for people aged 18+ experiencing mental distress or requiring crisis support.

Safe space café provides peer and social support.

Call before you visit: (Freephone): 0800 023 6475, choose option #3

Location	How to access	Opening times	Website link for further info
The Wellbeing Hub at Preston Park, 18 Preston Park Avenue, Brighton & Hove BN1 6HL	Walk-in	Weekdays - 5pm to 10.30pm Weekends - 3pm to 10.30pm	<a href="#">Staying Well - Brighton &amp; Hove</a>
Arundel House Unit 1 Ground Floor, Amberley Court, Whitworth Road Crawley RH11 7XL	Walk-in	Weekdays - 5pm to 11.00pm Weekends - 3pm to 11.00pm	<a href="#">Staying Well - Crawley</a>
Eastbourne	Appointment required	Weekdays - 4pm to 10.30pm Weekends - 3pm to 10.30pm	<a href="#">Staying Well - Eastbourne</a>
Hastings	Appointment required	Weekdays - 4pm to 10.30pm Weekends - 3pm to 10.30pm	<a href="#">Staying Well - Hastings</a>
Worthing	Appointment required	Weekdays - 5pm to 10.30pm Weekends - 12pm to 10.30pm	<a href="#">Staying Well - Worthing</a>

### Staying Well Services Opening Hours

Christmas Eve: 3pm - 10.30pm

Christmas Day: 5pm - 10.30pm

Boxing Day: 5pm - 10.30pm

New Year's Eve: 3pm - 10.30pm

New Years Day: 3pm - 10.30pm

Please go to the Sussex Partnership website for more information:

<https://www.sussexpartnership.nhs.uk/your-mental-health/getting-help/staying-well-services>

## 3. Local voluntary sector support in Brighton and Hove, and East Sussex

1. The Clare Project- Contact number: 07464 229395

Over 50s Group- Royal Pavilion Ice Rink Cafe, Brighton, BN1 1FN

- Monday 18th December 4:00pm - 6:00pm - ,

Drop-in Dorset Gardens Methodist Church, Brighton, BN2 1RL

- Tuesday 19th December 2pm - 5pm
- Tuesday 2nd January 5pm-7pm

2. FSN Charity: IT drop-in on- Support for individuals around technology.

19th December- 9.30am-11.30am

2<sup>nd</sup> January 2024- 9.30am-11.30am

Address: FSN, 66 London Road St Leonards-on-Sea TN37 6AS

To book a slot please call: 01424 377115

3. Together Co: Christmas day online connect- 10am-11am

Run by two therapists, Together Co are offering an online space for 12 individuals to come together to connect and reflect with each other. Individuals can book via [eventbrite](#)

4. Seaview Project:

Open Access Wellbeing centre drop-in on 23<sup>rd</sup> and 30<sup>th</sup> December- 9-12pm

21st Free Christmas Dinner available to individuals. There are three time slots that individuals can choose to attend: 12pm, 12.30pm and 1pm.

Please Contact: 01424 717981 Address: Hatherley Road St Leonards-on-Sea East Sussex TN37 6LB

5. St John Ambulance Homelessness Service (nurse-led general healthcare needs) will be available at:

Warming Up The Homeless on Weds 27th Dec (Time TBC)- Address: 23 Priory Street, Hastings, TN34 1EA

Seaview on Fri 29th Dec 10:30am-1pm. Address: Hatherley Road St Leonards-on-Sea East Sussex TN37 6LB

For further information, please contact [roger.nuttall@sja.org.uk](mailto:roger.nuttall@sja.org.uk)

Free Christmas Meal: [Brighton & Hove and East Sussex](#)

Hove Salvation Army - 22nd and 25th December

The hall will be open from 10.30am to 3.30pm for people to come and go as they please. There will also be available a Christmas meal and activities.

Address: Conway Street, Hove, BN3 3LA 01273 323072

Sussex Homeless Support: 23rd and 29th December- Xmas Meal and other services at 1pm.

Address: 35b Providence Pl, Brighton and Hove, Brighton BN1 4GE

Warming up the homeless: The service is providing a free Christmas lunch and dinner on Sunday 10th, 17th, 24th dec- opening times is 4 – 7 pm

Sussex Mental Health Crisis and Wellbeing Support over the 2023 Festive Period.

Address: 48 Devonshire Rd, Bexhill-on-Sea TN40 1AX 01424 552929

## 4. Free Christmas Meals in West Sussex

Soup kitchen: 25th December- Christmas day meal

Address: 35-36 Tarring Rd, West Worthing, Worthing BN11 4HP

Phone: 07984 766375

Turning Tides: Phone: 01903 680740

- 25th December- Christmas day lunch 9.30pm-1pm  
Address: Littlehampton United Reformed Church, 1 High Street,  
Littlehampton, BN17 5EG
- 26th December- Boxing Day meal 10.30am-1pm  
Address: Town Hall, Chapel Rd, Worthing BN11 9SA