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

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## 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/>

## **In-Person-** Staying Well Service

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

A screen shot of a schedule

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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>

## **Local VCSE offers**

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

2nd 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](https://www.eventbrite.com/e/christmas-day-connection-tickets-771855158557?aff=oddtdtcreator" \t "_blank)

4. **Seaview Project:**

Open Access Wellbeing centre drop-in on 23rd and 30th 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

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

## Free Christmas Meal- ***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