

People in Partnership



Directory of Community support

We want everybody with mental health challenges, their families and carers to have the opportunity to help shape the experience and quality of mental health support and provision.

In this edition:

- ◆ Southdown Services
- ◆ Local and countywide support information
- ◆ Support information for Young People
- ◆ Tips for health & emotional wellbeing



People in Partnership have created this directory to collaborate **service information related to mental health & emotional wellbeing support during the COVID-19 pandemic.**

We hope that this provides the East Sussex community with clear information on the support available in your area.

If you have a medical condition which means you're classed as being clinically extremely vulnerable to coronavirus or you've been told by your GP or hospital clinician that you're clinically extremely vulnerable and need to 'shield', request support here:

[Get Coronavirus Support as an Clinically Extremely Vulnerable Person](#)

Crisis Support

Call the Sussex Mental Health Line for telephone support & information 0300 5000 101

Contact the Samaritans: (Freephone) 116 123 or email jo@samaritans.org (response time, 24 hours)

If you feel your or someone else is in **immediate danger** & you are in an emergency situation dial 999

Tel: 01323 340151



Email: PeopleinPartnership@Southdown.org

Southdown provide a wide range of care & support services for vulnerable people in Sussex.

Southdown provide a range of mental health & wellbeing Community Support Services (CSS); supporting people to get well, stay well & prevent crisis.

Wellbeing Centres - located in Hailsham, Uckfield, Bexhill, Hastings, Eastbourne, Lewes & Newhaven. Telephone support until further notice. Recovery advisors work with the individual to develop a personalised action plan designed to support the maintenance of personal wellbeing. The service is available for adults (aged 16 +) living in East Sussex experiencing issues affecting their mental health and wellbeing. Contact 01323 405 334 / ESCN@southdown.org for general enquiries. For the contact details of each Wellbeing Centre, visit: [How We Help: Wellbeing Centres](#)



Peer Support Service - providing telephone support only until further notice. Peer Support Specialists have their own lived experience of mental health challenges. They provide a listening ear and work with individuals to develop wellness plans. Contact (Team Manager), Michelle Trunchion, for further information: call 07772 613945 / michelle.trunchion@southdown.org or visit: [Peer Service](#).

Staying Well Service - provides out-of-hours, recovery focused support for individuals (aged 16 + & living in East Sussex) with urgent mental health support needs. Providing telephone support until further notice. Hastings Staying Well is open 6pm—10.30pm on weekdays & 3pm-10.30pm on weekends. Eastbourne Staying Well is open 4pm- 10.30pm on weekdays & 3pm- 10.30pm on weekends. Contact: (free phone) 0800 023 6475 / email (Team Manager) Judy Pearson, judy.pearson@southdown.org. Alternatively visit their website: [Staying Well](#)



Thinking Well Service - dedicated support for people with Personality Disorder (provided in partnership with the [NHS Sussex Partnership Foundation Trust](#)). Offering telephone support until further notice. Contact, (Team Manager) Nathan Hayes on 07772 613938 or email, nathan.hayes@southdown.org. Alternatively, visit their website: [Thinking Well](#)



Community Connectors— telephone support offered until further notice). Community Navigators support individuals to improve their own health and wellbeing by developing personalised and practical solutions to everyday issues following the Social Prescribing pathway (for further information visit their [website](#)). Contact (Operations Manager) Kirstie Addleton, 07787 296014 / Kirstie.Addleton@southdown.org



Support across East Sussex



'**Every Mind Matters**' provide an abundance of expert advice and practical tips on how we can all look after our own mental health.

'**One You**' have a tool where you can create your own plan and get tips about how you can feel more in control of your own mental health:

[Get Your Mind Plan](#)

Health in Mind is a free NHS service for anyone in East Sussex experiencing emotional or psychological difficulties. Call 0300 00 30 130 or visit their [website](#) for further information (self-referrals are accepted).



Mind have advice and support for anyone experiencing a mental health problem. They are also offering specific advice about how you can look after your mental health and wellbeing during the pandemic: [Coronavirus & Your Wellbeing](#)

Care for the Carers can be contacted for information, advice & guidance on 01323 738390, 07860 077300 (Text), info@cftc.org.uk or via their [website](#).



Translated documents released by **Public Health England** can be found on their website: [Public Health England- Translated Documents](#)

The **East Sussex Mental Health Directory** is a useful resource for the East Sussex community and includes local and national service information and guidance.



East Sussex Family and Carers Team (FACT) supports families, carers and friends who are being affected by someone else's substance misuse and mental health issues. For further information visit their [website](#), call them on 07920 786 352 or email: esfact@cranstoun.org.uk

Community Hubs are operating across East Sussex and focus their help on people who do not have an extreme medical condition but may be vulnerable because they are isolated from help, too unwell to buy food or have other pressing difficulties because of coronavirus.

Eastbourne: 01323 679722 / www.lewes-eastbourne.gov.uk/community/covid-19/

Hastings: 01424 451019 / www.hastings.gov.uk/my-council/covid19/help/

Rother: 01424 787000 (option 4) / www.rother.gov.uk/news/coronavirus-covid-19-community-support/

Wealden: 01323 443322 / www.wealden.gov.uk/news-and-events/coronavirus-covid-19-latest/community-support/

Tel: 01323 340151



Email: PeopleinPartnership@Southdown.org



ESRA (East Sussex Recovery Alliance) provide drug and alcohol recovery services for anyone over the age of 18. Call 01424 435318 or email- info@esrauk.org

Finally, if you are unsure of what support you and your family need, are looking for further advice & guidance or would like to explore something new then check out the **ESCIS** online directory for an abundance of local information: www.escis.org.uk



Hastings, Eastbourne & Surrounding Areas

HEART is helping to organise mutual aid for people in Hastings during the pandemic, it has been established by a small team of volunteers which has rapidly grown into a large community across Hastings & St. Leonards:

[Ask for help](#) / visit hastingsheart.com



Hastings Foodbank are operating at Kings Church (The Hastings Centre, The Ridge). Open Tuesdays & Fridays 11:30-1:30pm (Closed on Bank Holidays). 07526 066453 / info@hastings.foodbank.org.uk

Connect In is the **HVA** volunteer befriending scheme for any adult in the Hastings area. If you are bored, lonely or just need a chat call: 01424 444010 or visit register online [here](#).

If you are in immediate need of a food package, or need a prescription collection/delivery within the next 48 hours, you can call **Hastings Borough Council** on 01424 451019 (9am - 5pm Monday-Thursday, and 9am - 4.30pm Friday). If your request is non-urgent please complete their [online form](#), otherwise call their helpline on 01424 451019.



HVA have provided a link to street based community support in Hastings and St. Leonards. This can be viewed online [here](#).

The **Seaview Project** provide support for venerable members of the community. Contact 01424 717981 / admin@seaviewproject.org.uk

The **Links Project** is a multi-agency support and advice project for asylum seekers, refugees and new migrant communities living in East Sussex. They are able to offer telephone, email and other social media based support only at this time, contact Marc Turczanski (Project Coordinator) on 01424 444010, 07752495508 or via marc@hastingsvoluntaryaction.org.uk



Seaford Volunteer Emergency Team will try to support all those who can't get out for simple things like shopping, collection of medication, urgent supplies. To request support [click here](#), call 01323 899054 or visit their [Facebook](#) page.

Tel: 01323 340151



Email: PeopleinPartnership@Southdown.org

For event updates, travel information and a list of local food & drink delivery and collection services visit: [Visit Eastbourne: COVID-19 updates](#)



SCDA Hailsham Community Hub have adapted their 'Join Together' service and are offering a telephone befriending service to anyone in Hailsham and the surrounding areas. Contact 07341 563 649 / 07920 526 226 or email: hailsham@sussexcommunity.org.uk

Matthew 25 are an Eastbourne based charity who provide listening services, information and advice as well as the provision of food, clothing and basic necessities to vulnerable people. Contact 01323 726960 / [email](#)

Bexhill Cares has been setup to support local businesses and residents and has details of local support provision (including delivery services).

Additional Support



Community Roots is made up of 15 clinical & non-clinical, recovery focused organisations. Provided by Southdown, it offers a central access point for mental health services in Brighton and Hove. Services take a holistic, person-centred approach to supporting the mental health & wellbeing of their clients; this means that the individual can get the right support for them! Contact the Freephone Central Access Point for assistance in finding the right service for you or someone that you know: 0808 196 1768, alternatively fill out a web enquiry form [here](#).

The **Community Engagement Service** is a part of Community Roots & works with people who have multiple/ complex needs and support people to de-escalate and manage mental health crisis. Contact: 0808 196 1768

Southern Water offer payment breaks and additional support for the most vulnerable. If you have an underlying health condition you can [register for priority services](#). If you are struggling to cope with your bills contact 0330 303 0277 / [email](#)



Age UK East Sussex have created a Community Emergency Response Team (CERT). CERT offer a telephone befriending and shopping/ prescription service. Contact 01273 476 704 / CERT.volunteering@ageukeastsussex.org.uk.

Muma Nurture provide support for infertility, pregnancy, baby loss, and or post natal depression. Contact 07460 775460 (WhatsApp) / [email](#)

CALM (Campaign Against Living Miserably) offers support to men. They provide useful information, advice and guidance on their website or Call 0800 58 58 58 (5pm- midnight daily)



Holding Space provide a safe, confidential space for anyone who needs support with their mental health. Call 07905 303308 / contact@holdingspace.org.uk

Tel: 01323 340151



Email: PeopleinPartnership@Southdown.org

Young People



i-Rock offer support and advice to young people aged between 14– 25. They can support with emotional & mental wellbeing, jobs, education and housing but are only operating virtually at this time. Contact a team member to learn more:

- * Hastings: irockhastings@gmail.com / [Facebook](#)
- * Eastbourne: irockeastbourne@gmail.com / [Facebook](#)

Young Minds provide support for children and young persons mental health and wellbeing. Parents and Carers can also find support here, visit www.youngminds.org.uk. If you're a young person in need of emergency help text YM to 85258 (free on some networks)



Chat Health provide a confidential texting service for young people aged 11– 19. If you are feeling depressed or sad, have sexual health or body image concerns, need health & lifestyle advice or are feeling anxious or worried about anything. Text 07507 332473 (Monday– Friday, 8.30am– 5.30pm, response time– 24 hours)

CAMHS (child & adolescent mental health services) offer assessment and treatment to children and young people (up to age 18), who have emotional, behavioural or mental health problems. Call applicable site for further information: Hailsham: 01323 446070 / Lewes: 01273 402510 / Uckfield: 01825 745001 / Hastings: 01424 758905.

E-Motion Online Counselling offers free online counselling to young people aged 12 –18 living in East Sussex. Talk about your concerns and worried on a safe & confidential platform at a time that suits you. Visit www.e-motion.org.uk



East Sussex Young Carers are provided by [Imago](#) & supports young people who are responsible for caring for a family member who has long-term illness, disability, mental health or substance misuse issues. Call 0300 111 1110 / [email](#) / visit [Facebook](#) or [Twitter](#)

E-wellbeing is a digital wellbeing service (run by [YMCA DownsLink Group](#)). It offers young people (aged 13– 25) the opportunity to learn how to access support for mental health concerns and provides guidance and information around emotional health and wellbeing. Visit e-wellbeing.co.uk



Hopeline UK provides support to anyone aged under 35 and is concerned or affected by suicide. For confidential support and advice call 0800 068 4141 / text 07860 039967 or [email](#). 9am – 10pm weekdays, 2pm – 10pm weekends, 2pm – 10pm bank holidays



Tel: 01323 340151



Email: PeopleinPartnership@Southdown.org

Top Tips for Staying Well

Try picking up a new book! You can still access a wide range of e– books through the East Sussex [Online Library Services](#). You can register for an account for free [here](#).

Try learning something new from home. [Future Learn](#) provide a wide range of free online courses. [Grasp](#) also provide access to free online courses for anyone over the age of 19.



Create a window box– there is a range of information on how to do this online. The BBC offer their advice [here](#).

Game! There are a range of benefits to gaming (but be careful not to spend too much time in front of a screen). If you have access to a games console or computer try having a go at beating your best score.

Have a Spring Clean! Get those dusters out and give your home a new lease of life! Is your home beginning to get a little cluttered? Try giving it a clear out.

Upcycle an old item! Watch loads of interesting and useful videos on how you can do this on [You Tube](#).

Decorate your home if you've been putting off some DIY!

Share your skills; teach someone you know how to do something new. Parents can find loads of ideas via [Toucan Box](#) who encourage families to get crafting together; check out their ideas [here!](#)

Arts on Prescription (AOP) provide creative activities designed to enhance an individuals health and wellbeing. The latest information about the service can be found on [Facebook](#) – join the [AOP Members Group](#) for loads of ideas about how to get creative during lockdown! [Email](#) for further information.

Practice your cookery skills– try baking a new recipe. [BBC Good Food](#) provide recipes for loads of tasty dishes to try!



People in Partnership would like to thank its partners and external providers for their continued hard work and dedication to the community at this time. We are keen to listen & share the community voice; if you would like to find out more please contact us:

PeopleinPartnership@southdown.org / 01323 340151 / [website](#) / [Facebook](#)

People in Partnership is provided by Southdown and funded by:

www.southdown.org

