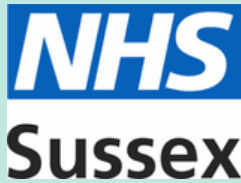




MENTAL HEALTH CRISIS SUPPORT OVER THE FESTIVE PERIOD



Staying Well



NHS 111

'Select Mental Health Option'

Free and available 24/7 to everyone, including children and young people

Thinking about suicide? Worried about someone?

STAYALIVE

Download the award-winning #StayAlive app. Upgraded for 2020 with a range of new features and web browser access.

- Safety Plan**
A customisable plan for keeping you safe from suicide.
- LifeBox**
A place to store your life-affirming photos or videos
- Find Help now**
Quick access to a large database UK national and local crisis support



NO MORE Suicide

Preventing suicide in Cheshire & Merseyside



Support for people who are experiencing a self-defined mental health crisis. Open over the festive period.

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	Staying Well - Brighton & Hove
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	Staying Well - Crawley
Eastbourne	Appointment required	Weekdays - 4pm to 10.30pm Weekends - 3pm to 10.30pm	Staying Well - Eastbourne
Hastings	Appointment required	Weekdays - 4pm to 10.30pm Weekends - 3pm to 10.30pm	Staying Well - Hastings
Worthing	Appointment required	Weekdays - 5pm to 10.30pm Weekends - 12pm to 10.30pm	Staying Well - Worthing

For more information visit [NHS SPFT website](#)



Feeling worried or alone?

Text **SUSSEX** to **85258**

for free, confidential support 24/7

in partnership with



Online chat service

Online chat service to support LGBTQA+ individuals

Opening Hours over holidays: 3pm-5pm

Monday-Wednesday
Christmas eve and day
New Years eve and day

Click the pink box on the right hand side of their website



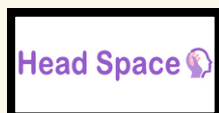
National Helplines



Samaritans: open 24/7 for support including mental health problems and emotional distress- call 116 123



Switchboard: offers support for the LGBTQIA+ community. 10am—10pm. Call 0300 330 0630



Head Space: 6pm—midnight, seven days a week. Call 07890 257 614