

MENTAL HEALTH SUPPORT Updated March 2020

Call an Ambulance on 999 – if you have a serious injury or have overdosed on alcohol and/or drugs/meds

Go to A&E yourself by cab or with a friend taking you by car– You will need to wait to see a triage nurse who will assess your current needs & determine how urgently you need to be seen by a doctor and/or the mental health team. You are likely to have to wait quite some time before being seen by the mental health team.

Samaritans Open 24 hours every day Call: 01424 436666 or 116123

Email: jo@samaritans.org Web: www.samaritans.org

Sussex Mental Health line 5 pm – 9 am every day Call: 0300 5000 101

They can give you advice & support; calls limited to 20 minutes.

Staying Well Space 4pm – 10pm every day Call: 07384 467 593

A team of Recovery Workers are providing help, support & advice over the phone.

Adult Social Care 7 days a week 8am – 8pm 0345 608 0901

For or on behalf of vulnerable adult struggling to stay safe and well who need social services help

MIND 0300 123 3393 Text: 86463 Weekdays 9am - 5pm except Bank Holidays

Saneline 0300 304 7000 7 days a week 4.30 pm – 10.30 pm

Email: info@sane.org.uk

Hopelineuk for people under the age of 35 Call: 0800 068 4141 Text: 07786209697

Weekdays 9am – 10pm Weekends 2pm – 10pm Bank holidays 2pm – 10pm

Email: pat@papyrus-uk.org Text: 07860 039 967

Confidential support and practical advice for people under the age of 35 who are experiencing thoughts of suicide and/or anyone concerned that a young person could be thinking about suicide.

Campaign Against Living Miserably (CALM) for men 0800 585 858 5pm – 12 pm

Offering support to men in the UK, of any age, who are down or in crisis via a helpline, webchat and website www.thecalmzone.net

The Silver Line 08004708090 24 hrs a day 7 days a week for people aged 55 and older

National 24hr Domestic Violence Helpline Freephone 0808 2000 247

For women experiencing domestic violence & abuse & for anyone calling on their behalf.

Community Mental Health Team Weekdays 9am – 5pm Call: 01424 726 660

Crisis Resolution Home Treatment Team Weekdays 9am – 5pm 01424 758 910

For people already getting support from Cavendish House

APPS

Stay Alive App A mobile phone suicide prevention app

Happify

Headspace

WEBSITES

StayingSafe.net A website providing Safety plan tools for anyone who is distressed, thinking about suicide or worried about someone they care about.

NHS 111