

COMMUNITY MENTAL HEALTH AND WELLBEING SUPPORT
Hastings and St Leonard's area

Name of Service	What does it offer?	Who is it for?	Who can make referrals?	Contact and referral details:
Open Access Drop-in Wellbeing Centres and Peer Support: https://www.southdown.org/how-we-help/mental-health-recovery/wellbeing-centres-east-sussex-community-network				
Southdown Hastings/ St Leonard's Wellbeing Centre: Carisbrooke House, Stockleigh Road, St Leonard's-on-Sea, East Sussex, TN38 0JP	Recovery Workers offer a range of recovery focused support to empower people to develop skills and resilience to stay in control of their life, including information and advice , 1:1 support, group sessions and workshops. Peer Specialists are based at the Wellbeing Centre and have lived experience of mental ill health. They offer support for people to better manage their mental health and move towards recovery offering 1:1 support and drop-in group sessions Activity timetables and service information leaflets (including a variety of translated versions) available on Southdown's website: https://www.southdown.org/how-we-help/mental-health-recovery/wellbeing-centres-east-sussex-community-network	People living in East Sussex (16+) with mental health issues	GPs and other health and care professionals, or people can self-refer	Wellbeing Centre <ul style="list-style-type: none"> • Phone: 01424 435 472 • Email: hastingsandstleonardswellbeingcentre@southdown.org Peer Support <ul style="list-style-type: none"> • Phone: 01323 405 334. • Email: PeerServiceESussex@southdown.org Referrals: Referral form is available on Southdown's website: https://www.southdown.org/how-we-help/mental-health-recovery/wellbeing-centres-east-sussex-community-network
Out of Hours Support: https://www.southdown.org/how-we-help/mental-health-recovery/staying-well-space-east-sussex-community-network				
Staying Well Space: Carisbrooke House, Stockleigh Road, St Leonard's-on-Sea, East Sussex, TN38 0JP	Open 7 days a week: <ul style="list-style-type: none"> • weekdays 6pm to 10.30pm • weekends 4pm to 10.30pm The Staying Well Space provides evening and weekend, recovery-focused support to help de-escalate and manage mental health distress and prevent crisis. Recovery Workers and Peer Supporters offer 1:1 support in a safe, friendly environment.	People living in East Sussex (16+) experiencing mental health distress	GPs and other health and care professionals, or self-referral after initial visit or if the patient already uses SPFT or Southdown services	Please note, the service is not a drop-in. Phone: 07384 467 593 after 4pm Email: StayingWell@southdown.org Referrals: To make a referral, use the introduction form: https://www.southdown.org/how-we-help/mental-health-recovery/staying-well-space-east-sussex-community-network
Easy Access Service for People with Complex Lives: http://www.seaviewproject.co.uk/				
Seaview Project: Southwater Centre Hatherley Road St Leonards-on-Sea East Sussex TN37 6LB	A warm and welcoming building where people can find help, comfort, friendship and inspiration. Laundry and washing facilities are available, as well as access to activities such as gym, arts choir, healthy hot meals and friendship.	People living in Hastings/St Leonard's (16+) from the street dinking community, homeless, on low incomes or with no recourse to public funding, who are significantly affected by a complex range of needs and mental ill health	GPs and other health and care professionals, or people can self-refer	Phone: 01424 717981 Email: admin@seaviewproject.org.uk
Community Support: https://www.southdown.org/how-we-help/mental-health-recovery/community-connectors-east-sussex				
Southdown Community Connectors	The service offers a Social Prescribing model to link people with specialist agencies/ community activities, finding practical solutions to everyday issues that are impacting on mental health and wellbeing. Support is offered by Community Navigators in GP Practices, Community based clinics and out and about in the local community	People living in HR or EHS CCG areas (16+) who are experiencing low to moderate mental health issues (e.g. low mood, depression, anxiety,	GPs and other health and care professionals, or people can self-refer	Phone: 01323 340 151 Referrals: <ul style="list-style-type: none"> • Self-referral form and a timetable of community clinics and GP walk-in clinics are available on Southdown's website: https://www.southdown.org/how-we-help/mental-health-recovery/community-connectors-east-sussex • GP referrals can be made via DXS

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Employment and Employment Retention Support: https://www.southdown.org/how-we-help/employment-support				
Southdown (IPS) Supported Employment	Helping people to gain or retain paid employment, self-employment, voluntary work or education/training Support is offered in local Assessment and Treatment or Health in Mind venues, or in the local community	People (16+) with long-term mental health problems who are using a Mental Health Service.	Referrals are made by SPFT Assessment and Treatment Service or people can self-refer	Location and phone: See Hastings Assessment and Treatment Service on Sussex Partnership NHS website: https://www.sussexpartnership.nhs.uk/service-east-sussex-assessment-and-treatment Referrals: Find out about being referred on Southdown's website: https://www.southdown.org/mental-health-recovery/our-employment-support
Southdown and Health in Mind - Work in Mind: https://www.southdown.org/how-we-help/employment-support/work-mind-east-sussex		People (18+) with common mental health challenges who are accessing Health in Mind services	Referrals from Health in Mind teams only	Referrals: People can speak to their Health in Mind (https://www.healthinmind.org.uk/contact) practitioner or clinician who can refer them directly to the service.
Talking Therapies: https://www.healthinmind.org.uk/news/42-new-online-self-referral				
Health in Mind (HiM)	An NHS organisation providing courses and other types of therapies that help with stress, anxiety and low mood. Support is available by telephone, online, 1:1 or in groups	People (18+) experiencing stress, anxiety and/or low mood	GPs and other health and care professionals, or people can self-refer	Phone: 44 (0) 300 00 30 130 Email: spnt.healthinmind@nhs.net Referrals: Online referral: https://www.healthinmind.org.uk/news/42-new-online-self-referral
The complete East Sussex Mental Health Directory of Community Support can be found here: http://eastsussex.gov.uk/mental-health-directory				