

## Take notice:

Live in the moment and be aware of what is around you, what you are feeling and what matters to you. Build moments of peace into your day where you concentrate on your breathing. Take a deep breath.

Mental Health Awareness Day, October 10th 2017

## There is a lot of support available in the Eastbourne area if you or someone you know needs help with your mental health...

**Health in Mind** – a county wide free NHS service delivered in partnership by Sussex Partnership NHS Foundation Trust and Turning Point. They offer assessment and brief interventions/treatment for mental health problems including self-help material, telephone support, courses and therapy. Over 18's only. T: 03000 030130, [www.healthinmind.org.uk](http://www.healthinmind.org.uk)

**Eastbourne & District Samaritans**- offer a safe place for you to talk any time you like, in your own way – about whatever's getting to you. You don't have to be suicidal.

The Haven, 13 Bolton Road, Eastbourne, East Sussex, BN21 3JT  
T: 01323 735555 (local call charges apply),  
e: [jo@samaritans.org](mailto:jo@samaritans.org)

For disabled access follow the signs through the front gate of the Haven to the lift entrance. Alternatively, contact us by telephone prior to your visit (01323 735555 - local call charges apply)

## Be Active:

Walk, run, swim, cycle, dance, garden, volunteer.  
Join a club, meet new people.  
Have fun!

If you don't know where to start, pop in to the Eastbourne Volunteers community information hub for a cuppa and a chat!

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**Rethink Mental Illness** – provides expert, accredited advice and information to everyone affected by mental health problems. The Eastbourne Engagement Project Service can be reached at 01323 644027.

19 Gildredge Rd, Eastbourne, BN21 4RU.  
[www.rethink.org](http://www.rethink.org)

**SANE** – aims to improve the quality of life for people affected by mental illness, raising public awareness, exciting research and bringing about more effective professional treatment. Text support: Textcare provides one text per week for five weeks or ongoing by request. It is not a crisis service, an application form for the service needs to be completed online at [www.sane.org.uk](http://www.sane.org.uk) The website also has an online forum.

Helpline t: 0300 304 7000 4.30pm-10.30pm every day of the year.

**BiPolar UK**- a national charity dedicated to supporting individuals with bipolar, their families and carers. The nearest support group is in Lewes. It is free to attend and are open to anyone affected by bipolar, including family, friends and carers. Meetings are 3rd Tuesday of every month, 7.00pm - 9.00pm at Lewes Your Way, 47a Western Road, Lewes, BN7 1RL.

[www.bipolaruk.org](http://www.bipolaruk.org), t: 0333 323 3880

**Recovery Partners** – peer support from specialists who live with mental health challenges themselves and are professionally trained and supervised. Services include one to one support, drop-ins, group discussions, workshops, coaching sessions and other activities, all provided free. Brightview, 6 Saffrons Rd. t: 01323 644027

E: [info@recovery-partners.co.uk](mailto:info@recovery-partners.co.uk),  
website: [www.recovery-partners.co.uk](http://www.recovery-partners.co.uk)

**Mind** - advice and support to empower anyone experiencing a mental health problem. They campaign to improve services, raise awareness and promote understanding and offer workshops, pop up sessions and one to one conversations in Eastbourne that promote emotional wellbeing. The website offers information about mental health problems, supporting someone, treatment options and practical issues. [www.mind.org.uk](http://www.mind.org.uk),  
t: 07825 683530,  
e: [jacy.kilvert@mindcharity.co.uk](mailto:jacy.kilvert@mindcharity.co.uk)

**Cruse Bereavement Care** - national charity for bereaved people. They offer support, advice and information to children, young people and adults when someone dies and work to enhance society's care of bereaved people.

Cruse offers face-to-face, telephone, email and website support. They have a Freephone national helpline, local services, and a website specifically for children and young people.

[www.hopeagain.org.uk](http://www.hopeagain.org.uk)

William & Patricia Venton Centre,  
6-12 Junction Rd, Eastbourne BN21 3QY,  
t: 01323 642942,  
e: [eastsussex@cruse.org.uk](mailto:eastsussex@cruse.org.uk)  
[www.cruse.org.uk](http://www.cruse.org.uk)

**Relate** - provides relationship support and mediation for couples and families, sexual therapy, life skills courses and company training. t: 01273 697997 (Monday to Friday 9am – 9pm)

**Adult Social Care** – Anyone can ask for an assessment of social care needs. You can do this for yourself or on behalf of someone you know. They will respond to your request within three working days. Call our contact centre: telephone 0345 60 80 191

## Connect:

Create a community around you.  
Connect with family, friends,  
colleagues and neighbours.  
Join a club, meet new people.  
Have fun!

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**Sussex Oakleaf** – provide a range of support services to people with mental health needs, those with a personality disorder and individuals at risk of homelessness. The Eastbourne wellbeing centre is Brightview at 6 Saffrons Rd, BN21 1DG and they offer a range of services updated regularly on their website [www.sussexoakleaf.org.uk](http://www.sussexoakleaf.org.uk)  
E: [brightview@sussexoakleaf.org.uk](mailto:brightview@sussexoakleaf.org.uk),  
t: 01323 430203

**Southdown Community Links** – offers individually tailored coaching for people with mental health needs and people with autism. It offers 12 sessions of coaching to enable people to take part in community activities, build up networks of support, identify goals in line with the individuals interests and develop skills. It is a free service open to all adults 16+ who have mental health needs and autistic