

## Learn:

Sign up for a course, from bee-keeping to bookkeeping, the possibilities are endless. Join a club, try a new activity, have fun!

Mental Health Awareness Day, October 10th 2017

people 16+ who have autism and mental health needs. You can self-refer.

T: 01273 405800 or 07805 863 176,  
www.southdown.org

**Southdown Peers in Partnership** - works with people affected by and interested in mental health to improve mental health and wellbeing services across East Sussex. To enable people to share their experiences of mental health services in East Sussex they have formed a Mental Health Consumer Network. The Network's aim is to improve the quality of mental health services, and includes people with mental health challenges, carers and local service providers. A strategic group from the network regularly meets with the East Sussex County Council Mental Health commissioner.

Peer Specialists can help you identify what your goals are to create a training and personal development plan.

Student Buddies support people with mental health challenges to do any course, including settling in or help if you are struggling on an existing course.

The Project is a free service open to East Sussex residents aged 16 and over, who have a mental health need or are a Carer for an adult with a mental health need. The Project also encourages service providers to get involved. T: 01323 340151  
e: peersinpartnership@southdownhousing.org

**POhWER** – provides information, advice and advocacy services for people who need support because of problems with their mental health.

T: 0300 456 2370 e: pohwer@pohwer.net  
w: www.pohwer.net

**Sussex Recovery College** – offers educational courses about mental health and recovery which are designed to increase your knowledge, skills and promote self-management. This may help you take control and become an expert in your own wellbeing and recovery and get on with your life despite mental health challenges. Whether you work with people with mental health challenges, use mental health services or care for someone who does, learning more about self-management and recovery will enable you to make the most of your strengths, talents and resources and help you to achieve whatever it is you want in your life or work. T: 0300 303 8086,  
e: Sussex.recoverycollege@nhs.uk,  
www.sussexrecoverycollege.org.uk

**Care for the Carers** – offer specialized support for carers of people with mental health support needs across East Sussex. They offer support, information, advice, carer groups, free counselling sessions and training.

T: 01323 738 390 www.cftc.org.uk  
e: info@cftc.org.uk

**Counselling Partnership Survivors of Suicide** –the project supports people who are suicidal and those who are bereaved by suicide. People affected by suicide are often in a desperate position. Both suicidal individuals and those bereaved by suicide can find themselves without anyone who will listen to them and in the case of the bereaved, many unanswered questions. The service aims to provide a safe space for this client group, suicidal clients are offered one to one and to date clients have been able to access this support immediately. Bereaved people are offered a person-centred service depending on the stage of their bereavement and their own personal experiences, sometimes this will be access to a support group and sometimes may be information/ support and or attendance at an inquest.

The service operates across East Sussex and is free to access. To contact the service telephone Sussex Community Development Association on 01273 519108 or email counselling@sussexcommunity.org.uk, they accept self-referrals as well as referrals from other services.

**Possability People** - a Sussex based disability charity working to make more things possible for people in their life, no matter what their situation. They have a range of services from independence and care to help and advice and employment and volunteering support. They work with disabled people,

older people, younger people or anyone with an impairment or long-term health condition. This includes Mental Health.

T: 01424 234 460, e: hello@possabilitypeople.org.uk, www.possabilitypeople.org.uk

**Shinewater Shaftsbury Centre** - an advice and counselling centre situated in the heart of Shinewater providing a free advice and counselling service to the whole Eastbourne community. t: 01323 760 654  
www.shinewatershaftsburycentre.co.uk

## There are also many useful websites which support a range of mental health issues, here are just a few:

### Royal College of Psychiatrists

<http://www.rcpsych.ac.uk/>

Includes specific information which provides a tailored range of information for young people, parents, teachers and carers. A-Z from 'Surviving Adolescents', 'Anxiety', 'ADHD' to 'When a parent has mental illness'.

### Mental Health Foundation

<https://www.mentalhealth.org.uk/>

Dedicated to finding and addressing sources of mental health problems

### Moodgym

<https://moodgym.com.au/>

Moodgym is like an interactive self-help book which helps you to learn and practice skills which can help to prevent and manage symptoms of depression and anxiety.

## Give:

Do something nice, thank someone, help someone, smile, volunteer.

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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