

Contact our service

Survivors of Suicide (SOS)
St. Richards Community Centre
Egmont Road, Hove
East Sussex BN3 7FP

Phone 01273 70 90 60
Fax 01273 23 53 90
Email sos.mendos@rethink.org

Confidentiality

We believe in respecting and maintaining confidentiality. We will not share personal information unless we have your permission or we have a duty of care.

Diversity and equality

Rethink Mental Illness is committed to equality. We will strive to meet the needs of people affected by severe mental illness from all backgrounds, to eliminate inequalities in all aspects of our work, to become fully representative of the diverse communities in the country and to tackle the discrimination people experience because of race, gender, disability, sexual orientation, religion or culture.

Community Roots is provided by Southdown in partnership with 15 local mental health providers, NHS Brighton and Hove CCG and Brighton and Hove Council.



About Rethink Mental Illness

Rethink Mental Illness is a charity that believes a better life is possible for millions of people affected by mental illness. For more than 40 years we have brought people together to support each other. We run services and support groups that change people's lives and challenge attitudes about mental illness.

We directly support almost 60,000 people every year across England to get through crises, to live independently and to realise they are not alone. We give information and advice to 500,000 more and we change policy and attitudes for millions.



Leading the way to a better quality of life for everyone severely affected by mental illness.

For further information on Rethink Mental Illness
Phone 0121 522 7007
Email info@rethink.org



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BRIGHTON AND HOVE

Survivors of suicide

Short term emotional support, information and advocacy to people who have thought of, made attempt or been bereaved by suicide.



Our SOS service offers confidential one-to-one and telephone support. If you're experiencing suicidal thoughts or have attempted suicide then we can help.

We're also here if you are the family, carer or friend of someone that is going through this or you're bereaved by suicide.

We offer psycho-social support to address the immediate crisis and provide ongoing support to help you manage your mental wellbeing.

We challenge the stigma attached to suicide by speaking openly about suicide, dispelling myths and giving useful and credible information.

We also explore some of the issues that may have led to suicidal thoughts.

We provide:

- Emotional support from our dedicated and qualified staff team.
- Signposting to other services or forms of help.
- A choice of group or one-to-one support.
- Advocacy on your behalf should you need it.
- A recovery focused approach.
- Safety planning, self-management of pre triggers.
- Opportunities to become a volunteer and share your recovery journey and skills with others going through similar circumstances.

Referral criteria:

- You live in the Brighton and Hove East Sussex area, and wish to join the service.
- You can make a self referral or be referred by a professional, such as a GP, health wellbeing worker, A&E department, family or other services.
- You are over the age of 18.

Additional information:

- If you are referred by a professional then they will need to share information about you with us. You will need to provide consent for this information to be shared with us.
- Due to the high demand of the service we operate a waiting list.

Feedback the service has received:

"It changed my life – I can't find the words to explain what it meant to me to have experienced this service. I feel it saved me from my darkest days ever."

"The support I received was outstanding. I was helped through my bereavement as well as other stressful situations."

"The staff were always friendly and welcoming which allowed me to feel at ease from start to finish."

"Spot on, supportive and flexible."

