



We're here to support you in a crisis

Staying Well Brighton & Hove is an out-of-hours walk-in service for people experiencing mental distress or requiring crisis support.

We provide a relaxed environment where you can get non-judgmental support tailored to your needs, whether that's simply listening or supporting you to reduce emotional and psychological distress. Our team can help you build skills to support your own recovery.

The service is available to everyone over the age of 18.

We are open 7 days a week, 365 days a year:

- Weekdays, 5pm - 10.30pm
- Weekends, 3pm - 10.30pm

Support can be accessed by attending the service in person at The Wellbeing Hub at Preston Park in Brighton.

You can also give us a call before you visit, so we can answer any questions and discuss any additional support needs you may have.

Telephone (Freephone): 0800 023 6475, choose option #3

Find us at

18 Preston Park Ave, Brighton, BN1 6HL



We are a Neurodivergent, LGBTQ+, class, race, age and disability friendly service. We are committed to learning and striving toward a more inclusive and person-centred approach, by listening to your experience and providing meaningful support, information and advice according to your needs.

Staying Well is provided by Southdown in partnership with Sussex Partnership NHS Foundation Trust.

www.southdown.org/services/staying-well-brighton-and-hove/

