

Crisis support

If you need urgent mental health support, please contact your GP, call **NHS 111**, or call **999** if you are at immediate risk.

Staying Well

provides walk-in out-of-hours support for adults experiencing mental distress or crisis.

Open 7 days a week
365 days a year



0800 023 6475
Select option two

Monday-Friday: 5pm to 10.30pm
Saturday-Sunday: 3pm to 10.30pm

Find Staying Well at:



Eastbourne:

The Printworks, 20 Wharf Road, Eastbourne, BN21 3AW



Hastings:

Carisbrooke House, Stockleigh Road, Hastings, TN38 0JP



Brighton & Hove:

18 Preston Park Avenue, Brighton, BN1 6HL

Get in touch



www.uok.org.uk



0808 196 1768



Scan for current times, locations and more information about the UOK Wellbeing Service

Connect with us at
@UOKMentalHealth



Commissioned by



Surrey and Sussex



Delivered by

Southdown

southdown.org

Southdown is an exempt charity registered with the Regulator of Social Housing (L1829) and a registered society under the Co operative and Community Benefit Societies Act 2014.

Local support for your **mental health** and wellbeing

Free for adults across
East Sussex



**Wellbeing
Service**

www.uok.org.uk

Is this support for you?

The **UOK Wellbeing Service** is for adults aged 18+ living in East Sussex.

You may benefit from support if you're experiencing:

- ✓ Anxiety, stress or worry
- ✓ Low mood or depression
- ✓ Loneliness or isolation
- ✓ Difficult life changes or circumstances
- ✓ Feeling unsure where to turn

How we can help you



Peer groups

Connect with others who have similar experiences in a supportive and understanding environment.



One-to-one support

Receive personalised support to help you explore your options and work towards your goals.

Whether you're looking for information, guidance, peer support or help finding the right service, **we're here to help.**

How to access support



Walk-in welcome sessions

Drop in and talk to a member of staff about your mental health.



No appointment needed



Visit our website for times and locations



Bookable Saturday telephone calls

Can't attend in person? Book a telephone call with our team



Visit our website for times and locations



UOK Wellbeing Service
www.uok.org.uk



Scan for welcome session timetable and to book a call with our team