

# Eastbourne

# Hastings / St Leonards



# Staying Well Space

Evening and weekend mental health crisis prevention support in a safe environment



Contact us for help and advice from a team of friendly Recovery Advisors and Peer Support Workers

Our service is free and available to adults\* with urgent mental health support needs living across East Sussex (\*aged 16+) and Brighton & Hove (\*aged 18+)

Staying Well Space Eastbourne is available to adults aged 16+ living across East Sussex.

Staying Well Space Hastings / St Leonards is available to adults aged 16+ living across East Sussex.

### Contact us

### Contact us

**Opening Times**  
Monday - Friday: 4:00pm - 10:30pm  
Weekends: 3:00pm - 10:30pm  
**Phone**  
0800 0236475  
**Email**  
stayingwell.eastbourne@southdown.org

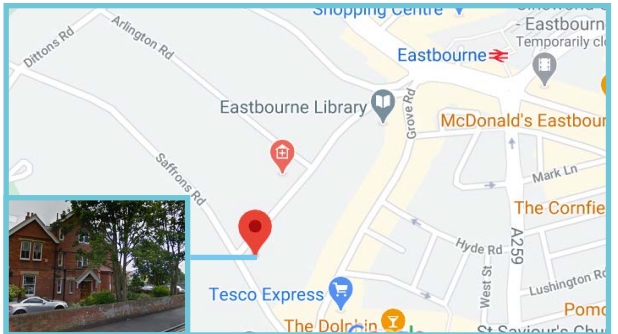
**Opening Times**  
Monday - Friday: 4:00pm - 10:30pm  
Weekends: 3:00pm - 10:30pm  
**Phone**  
0800 0236475  
**Email**  
stayingwell.hastings@southdown.org

### How to find us

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We are located at Eastbourne Wellbeing Centre, 8 Saffrons Road, Eastbourne, East Sussex, BN21 1DG

We are located at Hastings / St Leonards Wellbeing Centre, Carisbrooke House, Stockleigh Road, TN38 0JP



**Train Station:** Eastbourne

**Train Station:** St Leonard's Warrior Square

Bus services also operate nearby, please contact us for further information.

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JAN 2021

## Our Service



The Staying Well Space provides free evening and weekend, recovery-focused support to help you manage your mental health and prevent crisis.

### What support is available?

If you need urgent mental health support, outside of normal working hours, the Staying Well Space is here for you. Get help and advice in a relaxed, friendly and safe environment.

Our team of Recovery Advisors are on-hand to provide non-judgmental support tailored to your needs; whether that's simply listening or providing more in-depth support.

Peer Support Workers (people with lived experience of mental health challenges) are also available to talk to.

The support we provide is based on the 'Five Ways to Wellbeing' - connect, take notice, keep learning, be active and give. These steps give people the tools they need to take real control.



### Am I eligible?

Our service is free and available to adults\* with urgent mental health support needs living across East Sussex (\*aged 16+) and Brighton & Hove (\*aged 18+).

## Accessing Support

### How do I access support?

Support is provided in three locations:

- Brighton
- Eastbourne
- Hastings / St Leonards.

**We are open 7 days a week, 365 days a year.**

Please note, the service is not a drop-in service and requires a referral first.

### Referrals

To self-refer or refer on behalf of an individual, contact your nearest Staying Well Space service and we will complete a short referral form with you. We can do this by phone or email, whichever is easiest.

You can also download the referral form from our webpage: [www.southdown.org/StayingWellSpaceESCN](http://www.southdown.org/StayingWellSpaceESCN)

Urgent referrals to the service can be made by calling 0800 0236475 - opening times are listed within this leaflet, by location.

Staying Well Space is part of East Sussex Community Network and Community Roots.



## Brighton & Hove

Staying Well Space Brighton & Hove is available to adults aged 18+ living in Brighton and Hove.

### Contact us

#### Opening Times

Monday - Friday: 5:30pm - 10:30pm  
Weekends: 3:30pm - 10:30pm

#### Phone

0800 0236475

#### Email

[stayingwell.brighton@southdown.org](mailto:stayingwell.brighton@southdown.org)

### How to find us

We are located at Preston Park Recovery Centre, 18 Preston Park Avenue, Brighton, BN1 6HL



Map data ©2020 Google

**Train Station:** London Road or Preston Park

Bus services also operate nearby, please contact us for further information.