

Support for your Mental Health



Unable to cope, worried you may hurt yourself or somebody else, experiencing suicidal feelings?



- Immediate help: Call 999 or go to A&E
- Call NHS 111 and select the mental health option
- Visit a Staying Well service
- Text SUSSEX to 85258 → Download: Stay Alive app



Stress, anxiety, low mood, panic attacks?

Contact NHS Talking Therapies or your GP surgery



Significant change in your mental health?

Visit 111.nhs.uk or call NHS 111



Advice about local mental health support

- East Sussex/Brighton & Hove: uok.org.uk
- West Sussex: pathfinderwestsussex.org.uk



**SUSSEX
RECOVERY
COLLEGE**

A learning
journey to
wellbeing