

According to Sussex Partnership NHS Foundation Trust (SPFT) “a mental health crisis is when someone feels at ‘breaking point’. A mental health crisis disrupts usual thought patterns, mood, daily activities and feelings. People in crisis will usually need urgent help.”

There is more information on SPFT’s website: [bit.ly/sussexNHS](https://bit.ly/sussexNHS)

There are different ways that an individual experiencing a mental health crisis could seek the help they need. Here are just a few options:

### Shout Sussex 85258

Free confidential text service for people experiencing challenges with their mental health. 24 hours, 365 days a year. Text SUSSEX to 85258 for a text conversation with a trained volunteer.

### Staying Well Space from Southdown

Mental health crisis prevention service for people aged 18 plus. Usually available 7 days a week. Check the website for service updates. [www.southdown.org/services/staying-well](http://www.southdown.org/services/staying-well)  
Tel: [0800 023 6475](tel:08000236475)

### Sussex Partnership NHS Foundation Trust (SPFT)

A list of useful services, including how to make an appointment for Talking Therapies. Visit [bit.ly/4ak18py](https://bit.ly/4ak18py)

### Samaritans

Samaritans supports people whatever they’re going through. 24 hours a day, 365 days a year. Tel: [116 123](tel:116123) (free of charge). Email: [jo@samaritans.org](mailto:jo@samaritans.org) [www.samaritans.org](http://www.samaritans.org)

### Campaign Against Living Miserably (CALM)

“Taking a stand against suicide.” Tel: 0800 58 58 58 (5pm-midnight, 365 days a year). Contact form and webchat at [www.thecalmzone.net](http://www.thecalmzone.net)

### General Practitioner (GP)

An individual’s GP could assess them and might make a referral to a secondary mental health care service such as an Assessment and Treatment Service (ATS), the entry point into specialist mental health services.

### NHS 111 ‘select mental health option’

An individual of any age, concerned about their mental health or someone else’s could call 111 and select the mental health option. Trained staff provide appropriate support and advice 24 hours a day, 365 days a year.

### 999

If an individual requires serious or life-threatening emergency mental or physical care, anyone can dial 999 immediately to request an ambulance. Anyone can request the Police if an individual is at imminent risk of hurting themselves or somebody else.

### A&E Department

In an A&E Department at a hospital, anyone could request a separate room to wait in and for a mental health nurse to attend.

We hope this information is helpful. We are not recommending or endorsing any organisations, services or resources. Information is subject to change. Please use the links or contact details provided to get up-to-date information.