

## How are you **really** feeling?

Life can feel overwhelming sometimes. If you're feeling anxious, low, stressed, or just not like yourself, it could be a sign that it's time to talk to someone.

Whatever you're going through, you're not alone. Reaching out can make a big difference.



Scan the QR code to access online information and resources, or use the phone numbers in this leaflet to talk to someone.

We all have mental health and just like we take care of our bodies, it's just as important to look after our minds. This guide includes information on where to find free and confidential support in East Sussex for people aged 18 years and over.

Mental health services aim to create a safe space for you to talk openly about your feelings, and your privacy is protected by law and professional guidelines.

[www.how-are-you-really-feeling-sussex.nhs.uk](http://www.how-are-you-really-feeling-sussex.nhs.uk)

**"Everyone was really welcoming and seemed friendly - I had a really in-depth talk and felt just a little less alone."**

This guide was developed by local NHS mental health services, community groups, and voluntary organisations across Sussex, working together to make it easier for you to find the support you need.



### Under 18?

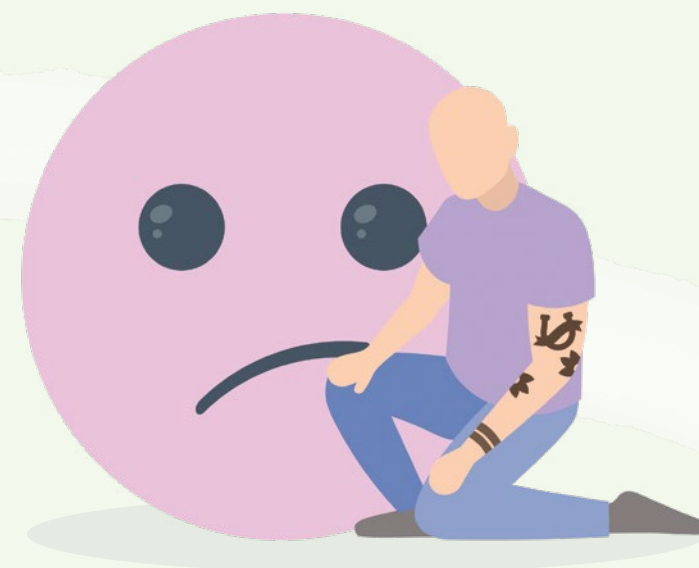
E-wellbeing is a specialist website to support children and young people across Sussex with their mental health: [www.e-wellbeing.co.uk](http://www.e-wellbeing.co.uk)

The 24/7 mental health crisis line (NHS 111 - choose the mental health option) and text support service (text the word **SUSSEX** to 85258) are also available for all ages.

**Sussex**  
Health&Care

## How are you **really** feeling?

East Sussex



If you need this information in another language or format, call 0300 304 0100 or email:

[spft.CommunityTransformation@nhs.net](mailto:spft.CommunityTransformation@nhs.net)

## Find mental health and wellbeing support that's right for you.

Struggling to cope? Worried about hurting yourself or somebody else? Having suicidal feelings?

### For help now:

If your life is in danger, call 999 or go to A&E at your local hospital.

### For help today or tomorrow:

If you're having trouble getting through or the wait time is long, please contact one of the other services listed below.

- 24/7 mental health crisis line. Call NHS **111** and select the mental health option. Available for all ages
- Contact the **Samaritans** (available 24/7) by calling **116 123**
- For 24/7 mental health text support, text the word **SUSSEX** to **85258**. Available for all ages
- **Staying Well** out-of-hours walk-in service for people aged 18 years and over. Call **0800 023 6475** and select: **option 1** for Eastbourne **option 2** for Hastings

Feeling stressed, anxious, low or having panic attacks? Not sure what kind of support you need?

- Call **NHS Talking Therapies East Sussex** - **0300 003 0130**
- Call **UOK Mental Health and Wellbeing Support** - **0808 196 1768** (Monday to Friday, 9am to 5pm)
- Contact your GP
- If you're a carer, call **Care for the Carers** - **01323 738 390**

Feeling stressed about money, housing or something else?

- For welfare benefits advice and information call **East Sussex benefits helpline** - **0333 344 0681**
- For housing advice call **Shelter** - **0808 800 4444** (Monday to Friday, 8am to 6pm)
- For drug and alcohol substance misuse support call **STAR** on **0300 303 8160**
- For domestic abuse advice call **the East Sussex Domestic Abuse Specialist Service** - **0300 323 9985**

