

**Still in service / transitioning?**

**[Military Departments of Community Mental Health \(DCMH\)](#)**

Joint NHS and MOD service for serving personnel that also provides support for 6 months after discharge. Located in large garrisons with links to community services.

**Combat Stress -Military Mental Health Helpline**

A 24hr mental health helpline for serving military (regular and reservists) personnel and their families. 0800 323 4444

**Advice and Support**

**[Big White Wall](#)**

A free online service for anyone with mental health difficulties (including serving personnel, veterans and their families) to talk about what's troubling them. The service is completely anonymous and is provided 24/7.

**[Cruse Bereavement Care](#)**

Can provide support to Military families following bereavement, including practical information, dealing with the media and what support can be expected from the Military after a death in Service. Offices in Pulborough, Brighton and Eastbourne. Tel: 0844 477 9400

**[Rethink Mental Illness](#)**

Helps everyone affected by severe mental illness, such as schizophrenia and bipolar disorder, recover a better quality of life. Tel: 0300 5000 927 10:00 to 13:00 Mon-Fri, [advice@rethink.org](mailto:advice@rethink.org)

**[Mental Health & Money Advice](#)**

Online support with clear, practical advice and support for people experiencing issues with mental health and money

**Phone Support**

**[Sussex Mental Healthline](#)**

24hr Support and information to anyone (incl. carers and professionals) experiencing mental health problems. Tel: 0300 5000 101

**[Samaritans](#)**

Provides 24hr support Tel: 116 123 Website provides details for local branches Tel: 08457 909090

**Military Charity Programmes & Courses**

**[Combat Stress](#)**

The primary mental health charity for veterans, providing clinical treatment and welfare support for psychological wounds. 24 hour helpline: 0800 138 1619 General enquiries: 01372 587 000

**[Help for Heroes](#)**

Run in-house programmes, such as Hidden Wounds, for (ex) armed forces personnel requiring psychological support. 01980 844280 or 0808 2020 144

**Statutory Provision**

**Defence Medical Services' Veterans and Reserves Mental Health Programme**

Offers a full mental health assessment at closest [Department of Community Mental Health \(DCMH\)](#) by a consultant psychiatrist to anyone who has seen operational service since 1982 or Reservists who have been on operations since 2003. Treatment is offered to those whose mental health is attributable to their service. Referral is primarily via a GP. DCMH Colchester, Merville Barracks, Colchester, CO2 7UT Tel: 0800 032 6258

**NHS Mental healthcare for veterans**

Services available to veterans in the NHS can be found on the [NHS Choices website](#).

**[London and South East Region Veterans Mental Health Service](#)**

Providing specialist armed forces mental health services across the South East Coast. Providers can access this service for specialist advice. Tel: 020 3317 6818

**[Sussex Partnership NHS Foundation Trust](#)**

Provide specialist mental health services across Sussex. Anyone experiencing emotional or psychological difficulties should contact their GP who will refer them to a Primary Care Mental Health Worker. PCMHWs are qualified mental health professionals based at GP practices and can facilitate access to other specialist services.

**[Sussex Partnership NHS Community Mental Health Services](#)**

Community services cover all treatments not based in a hospital. This could take place in your home or at a local assessment and treatment centre (ATC). Community teams bring mental health professionals together, including specialist nurses, psychologists, psychiatrists and therapists.

**Activities**

**[Lewes Football Club](#)**

Opportunities for Mental Health, Walking Football and physical disabilities

**[Sheds](#)**

Providing a place for people to come together to pursue hobbies and interests, share their knowledge/skills and develop new friendships. See website for local opportunities.

More information can be found on our [Physical Health Pathway](#)

**Residential Service**

**[Together](#)**

A mental wellbeing has 24 hr adult **residential services** for those recovering from severe mental distress.

**[Sussex Armed Forces Network](#)**

A wide range of organisations ensure the health needs of the local Armed Forces community and veterans are being met and considered across local health services. 09:00-17:00 Mon-Fri, 01273 403693

**NHS Counselling and Therapy**

**IAPT – Improving Access to Psychological Therapies** - NHS programme specialist staff provide talking therapies and self-help courses to help with common mental health difficulties such as stress, anxiety and depression. They are a Primary Care Psychological Service and will risk assess patients. Includes Cognitive Behavioural Therapy (CBT), Counselling, Eye Movement Desensitisation Reprocessing (EMDR), and Couples Counselling.

E Sussex – [Health in Mind](#) 0300 003 0130

W Sussex – [Time to Talk](#) 01403 227 048

Brighton - [Wellbeing Service](#) 0300 002 060

**[East Sussex Mental Health Directory of Community Support](#)**

An online directory of mental health support available in East Sussex for those aged 18 and over.

**Walk in Centres**

**[Preston Park Recovery Support Centre](#)**

Group activities, 1-1 support, employment and welfare advice. For all adults in B&H, aged 18+ and registered with a B&H GP. Self-referral accepted. Open 09:30 -16:30 Mon-Fri, 11:00-15:00 Sat & Sun. Tel: 01273 565 049.

**[ICAST](#)**

Integrated Community Advice and Support Team provide assessment / treatment services for over-65s with mental health needs. 7 days a week, 09:00 – 17:00 Tel: 01273 718685

**[Southdown Wellbeing Centres](#)**

7 Wellbeing Centres, located across East Sussex, providing a range of community-based mental health and wellbeing support to enable getting well, staying well and preventing crisis.

**Face to Face Support**

**MIND**

[Local mental health charities](#) operating from local hubs. Provide advice, advocacy, day services, education and training, outreach services and support groups.

[Brighton and Hove](#) , [West Sussex](#)

**[Rethink survivors of Suicide](#)**

Short term specialist input for crisis prevention, outreach, holistic information and signposting. Longer term support groups and peer led support.

Tel: 01273 709060