

# Feel unable to cope?

Experiencing suicidal feelings  
or worried you may hurt yourself  
or someone else?

Brighton & Hove

**Staying Well**

Supporting you in a  
mental health crisis

# Staying Well Brighton & Hove

Staying Well in Brighton & Hove is an out-of-hours (evenings and weekends) walk-in service providing help and support to people who are experiencing a mental health crisis.

## Opening hours:

Monday to Friday:  
5.00pm to 10.30pm

Saturday and Sunday:  
3.00pm to 10.30pm

## Find us at:

The Wellbeing Hub  
at Preston Park,  
18 Preston Park Avenue,  
Brighton,  
BN1 6HL

There are bus stops nearby which are serviced by the **number 5** buses.

## What should I do when I arrive?

When you arrive at Staying Well you should go to the front door and ring the bell.

Staff will ask you some questions before opening the door. They do this for everybody who comes to use the service. This is part of the Staying Well service risk assessment.

## What support will I get?

You will be supported in a relaxed and welcoming environment by a team of mental health and peer support workers.

There may be other people using the service at the same time as you. It's up to you if you would rather sit quietly or talk to the other people in the room. You will be offered a drink by the team.

Staff will offer to talk with you about how you are feeling. You will go to a different room to talk, where it will be quieter and more private.

There are calming activities, sensory gadgets and fidget tools available for you to use if you want to.



# Contact the service:

If you have any questions, please:

Phone:

**0800 023 6475** (choose option #3)

Email:

**stayingwell.brighton@southdown.org**

Or visit:

**[www.southdown.org/services/staying-well-brighton-and-hove](http://www.southdown.org/services/staying-well-brighton-and-hove)**

