

Men's Mental Health Support

Community Groups

■ Men's Sheds

0300 772 9626
admin@ukmsa.org.uk
menssheds.org.uk



■ Community Connectors

Support to find community activities to connect with others & build confidence
01323 340151
southdown.org/services/community-connectors-east-sussex



■ ManKind Eastbourne & Heathfield

Free support group for men
info@mankind.co.uk
07786 448 696 / 07793 431 665
mankindic.co.uk



■ Man with a Pan Lewes & Newhaven

Learn to cook whilst making new friends
communitychef.org.uk/man-with-a-pan-new



Suicidal Thoughts and Feelings

■ **Stay Alive App** - download at
prevent-suicide.org.uk/find-help-now/stay-alive-app/



■ Sussex Mental Healthline

Call 111 - Option 2 - Open 24/7

■ Samaritans

Call 116 123 - Open 24/7
Text: 'SUSSEX' to 85258 Open 24/7

■ Immediate danger

Call 999 or attend A&E

Low Cost Counselling

■ The Old Bank Hampden Park, Eastbourne

BN22 9NH and online appointments
No waiting list • 01323 502827
info@theoldbankwellbeing.org.uk
theoldbankwellbeing.org.uk



■ Sussex Community

Counselling Newhaven, Hailsham, Lewes, Eastbourne
Can be a waiting list • 01273 519108
counselling@sussexcommunity.org.uk
sussexcommunity.org.uk/our-services/sussex-community-counselling



■ Health in Mind - Free NHS counselling

There can be a waiting list
0300 00 30 130
healthinmind.org.uk



Helplines

■ Campaign Against Living Miserably

0800 58 58 58 - 5pm to midnight
thecalmzone.net



1space

■ **1Space** - Access to all services in East Sussex
1space.eastsussex.gov.uk



Men in Mind

■ **Men in Mind** - We offer free mental health skills and workshops for men and people who support men in East Sussex.
mindcharity.co.uk/east-sussex/men-in-mind

