

Men's Health and Wellbeing Information

Mental Health

- **Sussex Mental Healthline** If you are struggling with your mental health, reach out to someone **Tel : 0800 0309 500** for urgent, crisis or general mental health support. The line is open 24/7.
- **Samaritans** are available 24 hours a day, 365 days a year **Call 116 123** for free or contact jo@samaritans.org
- **Health in Mind** Self-refer if you're experiencing symptoms of stress anxiety or low mood, or visit the website for free resources. Website: [Health in Mind](#)
- **Directory of mental health services** Website: [Mental Health Directory](#)
- **Counselling Plus Community** Offers affordable counselling for ages 16+ email admin@counsellingplus.org or call 01424 428300. Website: [Counselling Plus](#)
- **Arts on Prescription** is supporting wellbeing using a variety of creative activities online. Self or professional referral is via: [Arts on Prescription](#)
- **Preventing suicide in Sussex** Warning signs campaign is a suicide prevention campaign targeting East Sussex , West Sussex and Brighton and Hove , specifically aiming to support the reduction of annual suicide amongst men in Sussex. Website: [Warning Signs](#)
- Southdown provide a range of free community care services in Sussex including mental health recovery. Website: [Southdown](#)

Gambling and Debt

- **Step Change** - Find out about the debt respite scheme here which aims to help relieve some of the pressure of dealing with your creditors. Website: [Step Change](#)
- **Mental Health and Money advice** provide, advice and information on managing money debts and benefits including lots of online resources including budget planners, savings calculators and toolkits. Website: [Money Advice](#)
- **Gamcare** is the leading provider for information , advice and support for anyone affected by gambling issues. Website: [GamCare](#)

Addiction Support

- **East Sussex Recovery Alliance** support for people to live free from addiction. Website: [ESRA](#)
- **STAR** Drug and alcohol service in Hastings providing accessible advice, support and treatment options for people affected by alcohol and drugs. Website: [STAR](#)
- **Adfam** provide support for families loved ones and concerned others who are affected by someone else alcohol/ substance use. Website: [ADFAM](#)

Support for Fathers:

- **Fellowship of St Nicholas** St Leonards on Sea Hub is a safe space for families to come together and also provides fun family activities. Website: [FSN](#)
- **Mediation East Sussex** offers Family's across Sussex help with co-parenting. Family Mediation is available free of charge to those eligible for Legal aid. Website: [Mediation](#)
- **Dads Matter UK** support dads suffering from anxiety. Website: [Dads Matter](#)
- **Families need fathers** provide help, advice and support for those dealing with children's matters before during and after relationship breakdown. Website: [Families Need Fathers](#)

Support for minority groups

- **Links project** is a multi-agency support and advice project for asylum seekers, refugees and new migrant communities living in East Sussex. Website: [Links Project](#)
- **Seaview** is an open access wellbeing centre in St Leonards On Sea it helps improve the lives of people who are marginalised for a variety of reasons. Website: [Seaview](#)

LGBT+ support

- **Hastings and Rother Rainbow Alliance** is an organisation that is working to support the lesbian, Gay , Bisexual; and Trans community in Hastings and Rother. Website: [Rainbow Alliance](#)

Bereavement Support

- **St Michael's Hospice** Bereavement Service provides the opportunity to talk about your loss in confidence and is available to anyone throughout Hastings and Rother who needs extra support through a difficult time. Website: [St Michaels Hospice](#)
- **Cruse** offers support for loss and bereavement through their website, national helpline, live chat and telephone support. Website: [CRUSE](#)

Benefits Help

- **HARC** provides free and confidential Welfare Benefits advice, information and representation to the people of East Sussex and the South Coast of England. Website: [HARC](#)
- **Citizens Advice Hastings** provides a range of information and advice on issues. Website: [CAB Hastings](#)

Housing Support

- **Hastings Borough council** help with housing. Website: [Hastings Borough Council](#)
- **Brighton Housing Trust** help with housing issues in Hastings. Website: [BHT](#)
- **Southdown Housing Support** Website: [Southdown Housing Support](#)

Employment / Education and Skills

- **ESTAR** works in partnership with a range of stakeholders to improve opportunities for those experiencing, or at-risk of homelessness in the County employment opportunities. Website: [ESTAR](#)
- **Possibility People** Get Set Hastings is a service for people thinking about work and how to get a job. Website: [Get Set](#)

Physical Health

- **Hastings's walk-in centre** is located on the ground floor of Station Plaza Health Centre Tel: 01424 884410 and the opening hours are Monday – Friday 08:00-18:30 and weekends and BH 08:00-20:00. NHS walk-in Centres provide advice and treatment for a range of minor illnesses and injuries.
- **NHS Health Check** is a health check-up for adults in England aged 40 to 74. It's designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia. As we get older, we have a higher risk of developing one of these conditions. An NHS Health Check helps find ways to lower this risk find out how to book you health check here: [Health Check](#)
- **One You East Sussex** Help to get back to a healthier you, provides support to make simple changes towards a longer and happier life. They provide tools, motivational support and encouragement every step of the way, to help improve your health. Website: [One You East Sussex](#)
- **Active Hastings** works closely with local providers of physical activity to give you easy, fun ways to get your everyday dose of physical activity. Website: [Active Hastings](#)