

# USEFUL CONTACTS

## **Mental Health Services**

Sussex Partnership NHS Trust  
Tel: 01323 440022

## **Social Services**

Information Line  
Tel: 0845 6010 664  
(Information about a range of different services offered by Social Services)

## **Surestart**

Tel: 01424 736791

## **Counselling – self referral**

Hastings & Rother Counselling Service  
Tel: 01424 428300

## **Samaritans**

Tel: 08457 909090

## **Relate (East Sussex)**

Tel: 01323 410001

## **Relateen (Youth)**

Tel: 01323 410001

## **St Michael's Hospice Bereavement Service**

Tel: 01424 757514

## **Cruse Bereavement Care**

Tel: 01424 732093

## **Voluntary Services**

Age Concern Information Line  
Tel: 01424 775721

## **Care for the Carers**

Tel: 01424 707391