

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