**Mental health support for people who live in Sussex**

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| For mental health support in a crisis, please call the 24/7 **Sussex Mental Healthline** on:  **0800 0309 500**  The service is available to people who are hearing or speech impaired via [Text Relay](http://www.textrelay.org/).To start a call, dial **18002** then the full phone number of the helpline: **0800 0309 500.** |

**Who is the service for?**

The Sussex Mental Healthline is a confidential service for people who live in or are visiting Brighton and Hove, East Sussex or West Sussex and are in urgent need of help with their mental health.

**What will happen when I call the Sussex Mental Healthline?**

The Sussex Mental Healthline is staffed by a team of experienced operators who will listen and help you to identify how you are feeling, explore ways of coping and what help is available to you.

We can also provide information about the local mental health services and how to access them.

**How long will it take for my call to be answered?**

We aim to answer calls as quickly as possible. However, waiting times can vary depending on how many calls we receive at any one time. Unfortunately, we are unable to offer a call back service.

**Can I request an interpreter?**

If you require an interpreter, please call the Healthline and let us know the language needed and we will make the necessary arrangements.

**Are there any restrictions on the length of call?**

<javascript:;>Calls are limited to 20 minutes, except in cases of extreme distress. This is to allow as many people as possible to call us. Calls via Text Relay or New Generation Text are limited to 30 minutes.

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| For more information about how to get help with your mental health, please visit: <https://www.sussexpartnership.nhs.uk/get-help-mental-health> |