

Are you in crisis, and looking for support?



If you are worried about yourself or a child/young person and need urgent advice or support, the services below may be helpful:

West Sussex Mental Health Line

 0800 0309 500 (24 hours / 7 days)

Carers Support West Sussex

 0300 028 8888 Open: Mon, Tues, Thurs & Fri 9am - 4pm
Wed 9am-7pm Sat 10am-12pm

West Sussex County Council – Integrated Front Door (formerly MASH)

 01403 229900. Monday to Friday, 9.00am to 5.00pm
033 022 26664 weekends and bank holidays

Single Point of Access (SPOA) – Sussex Partnership NHS Foundation Trust

 0300 304 0100 [OR Click Here for their crisis page](#)

You're Not Alone

Reaching out to these services can help you feel supported, informed, and less alone, whether it's for yourself or someone you care about.