



COMMUNITY SUPPORT GUIDE

HELP & ADVICE

A quick list of local and national support services if you're finding things difficult.

MENTAL HEALTH & WELLBEING

If you're feeling low, overwhelmed or finding things difficult, these services offer someone to talk to and help you navigate what you're going through.

- **Sussex Mental Health Line**
0800 0309 500 (24/7)
- **Shout Sussex Text Service**
Text SUSSEX to 85258 (24/7)
- **Samaritans**
116 123 | samaritans.org
- **Mind**
0300 123 3393
- **YoungMinds Parent Helpline**
0808 802 5544
- **Age UK Advice Line (for older people)**
0800 678 1600 (8am-7pm)

Men's Health:

Prostate Cancer UK funds lifesaving research and provides crucial support to those affected.

- **Prostate Cancer UK**
0800 082 1616
supportercare@prostatecanceruk.org

GRIEF, BEREAVEMENT & ANNIVERSARY DATES

Grief doesn't follow a set timeline and can intensify at various points, particularly for people who have lost loved ones.

- **Cruse Bereavement Support**
0808 808 1677 | cruse.org.uk

RELATIONSHIP OR FAMILY CONFLICT

This includes break-ups, co-parenting tension, or general household pressure.

- **Relate (relationship support)**
relate.org.uk

COST OF LIVING & FOOD SUPPORT

If you're struggling to afford food or essentials, or need help managing rising costs, these local services can offer practical support.

Community Fridges (no referral needed):

- **Hailsham Community Fridge**
passitoncommunityhub.com/community-fridge
- **Old Town Community Fridge**
Victoria Baptist Church, Eldon Road, Eastbourne, BN21 1UE
Every Wednesday, 8.30am-10am
victoriabaptist.org.uk/church-life/community-fridge

Foodbanks (referral normally required):

- **Eastbourne Foodbank**
01323 409925 | eastbourne.foodbank.org.uk
- **Hailsham Foodbank**
07474 671350 | hailsham.foodbank.org.uk
- **Uckfield Foodbank**
07957 526396 | uckfield.foodbank.org.uk

Foodbank referrals can be issued by Citizens Advice, GP surgeries, schools, health visitors, housing teams and welfare support agencies.

Other food help:

- **Too Good To Go App**
Discounted food and reduced waste
toogoodtogo.com/en-us

LONELINESS & SOCIAL CONNECTION

If you're feeling isolated or disconnected, these services can help you find social support and community connection.

- **Campaign to End Loneliness**
campaigntoendloneliness.org
- **Family Lives (parenting support)**
0808 800 2222
- **Gingerbread (single parents)**
gingerbread.org.uk

FINANCIAL & DEBT SUPPORT

If money worries are becoming unmanageable, these services offer guidance, repayment plans and practical support.

- **StepChange Debt Charity**
0800 138 1111 | stepchange.org
- **Citizens Advice**
General money, benefits and housing guidance
eastsussexcab.org.uk
- **Christians Against Poverty**
Debt and budgeting support
victoriabaptist.org.uk/midweekgroups/christians-against-poverty/
0800 328 0006

HOUSING SUPPORT

If you're worried about homelessness, rent, unsafe housing or need emergency support, the council can guide you to the right help.

eastsussex.gov.uk/children-families/family-support/housing-money

DOMESTIC ABUSE SUPPORT

If you're experiencing physical, emotional or financial abuse – or are worried about someone – these services offer confidential help and safe options.

- **East Sussex Domestic Abuse Service**
0300 323 9985
- **National Domestic Abuse Helpline**
0808 2000 247
- **Respect - Men's Advice Line**
0808 8010 327
- **Victim Support Sussex**
0808 168 9274
- **East Sussex Refuges**
07795 968400

WARM SPACES / COMMUNITY SPACES

The Council runs “warm spaces” through January where people can sit, stay warm and talk.

eastsussex.gov.uk/community-support/warm-homes

ALCOHOL & SUBSTANCE MISUSE HELP

If your drinking or substance use is becoming difficult to manage, these services offer confidential guidance and peer support.

- **Drinkline**
0300 123 1110
 - **Narcotics Anonymous UK**
0300 999 1212 | ukna.org
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WORK & EMPLOYMENT SUPPORT

If you're dealing with workplace stress, redundancy or questions about your rights, these services can help you understand your options.

- **Acas**
Advice on workplace issues, rights and employment stress
0300 123 1100 | acas.org.uk
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CRISIS SUPPORT (IMMEDIATE HELP)

If you or someone else is in immediate danger or unable to stay safe, please reach out straight away.

- **NHS 111, option 2** - urgent mental health support
- **999** - if you or someone else is at immediate risk
- **A&E** - for any urgent crisis