

# Find help when you need it...

When you are in need of immediate support or you need someone to talk to - help is just a phone call away:

## Mental Health Liaison via Emergency Dept

Talk to a member of our Mental Health Liaison Team based onsite at our Emergency Departments.

**RSCH/PRH:** Call ext. 64248    **SRH/WGH/SLH:** Call ext. 85252

## Mental Health Rapid Response Service

The Mental Health Rapid Response team are here to discuss your situation and support you to access additional help.

**Brighton & Hove:**                    0300 304 0078  
**East and West Sussex:** 0800 0309 500

## Samaritans

**FREEPHONE** - 166 123 or 0845 90 90 90

You do not need to be suicidal to call. There will be a voice on the end of the phone, to connect with, can be support and reassuring.

## VIVUP 24/7 Helpline

Speak in confidence to support specialist 24/7 365 days a year to discuss any emotional, personal or work-related issues:

Call 0330 380 0658

