

## Staying Well Worthing is now a walk-in crisis support service

Staying Well in Worthing has changed to a walk-in service to support people who are experiencing a self-defined mental health crisis (e.g. they feel at breaking point and in need of urgent help).

This means people can now get help and support with their mental health without first needing to make an appointment.

The service is available to everyone over the age of 18.

We have made these changes so that people in Worthing and surrounding areas can get the right help at the right time with their mental health. This is in response to the significant need for support in our communities and demand on services.

The Staying Well team supports people experiencing a self-defined mental health crisis and helps them in their recovery.

Staying Well in Worthing is a co-delivered service, led by West Sussex Mind working in partnership with Sussex Partnership NHS Foundation Trust. The service has a mental health clinician, employed by Sussex Partnership, embedded within the team.

### What you can do

If you know someone who is experiencing mental distress or requires crisis support, please give them the details of Staying Well Worthing.

### Find Staying Well at:

Methold House, North Street,  
Worthing, BN11 1DU (entrance at  
the back of Methold House on  
Gordon Road)

### Opening hours

**Weekdays:** 5.00pm to 10.30pm

**Weekends:** 12 noon to 10.30pm



01903 268107



[https://www.westsussexmind.org/help\\_and\\_support/getting-help/our-crisissupport-service-staying-well](https://www.westsussexmind.org/help_and_support/getting-help/our-crisissupport-service-staying-well)