

No one knows more about your mental health than you. That's why we are committed to making sure that **you are at the heart** of our service.

There are lots of ways that you can **get involved** to help shape our service and to **help others** with their **recovery journeys**.



Volunteer your time, energy and skills to help with the day to day running of our services or to help fight stigma and raise awareness of mental health issues.

Help to raise funds... Every penny we raise will help us to support people struggling with their mental health.



Focus on Oakleaf is our quarterly magazine. It's your guide to good mental health in Sussex.

Get involved by writing an article or joining the magazine working group.

Plus much much more, so speak to a member of staff and **start your recovery journey today**.

If you feel unable to keep yourself safe or feel you are at risk of harm please call **999** or go to your nearest **A&E department**.

For **non-emergency** situations, contact or visit your **GP** or call **111** to speak to the NHS service, this telephone line is open **24 hours a day, 7 days a week**.

Other services who you can contact for help, advice or support around **mental health** and **wellbeing** are:

Samaritans 116 123
Available 24 hours a day, 7 days a week

Papyrus 0800 0684141
Available Mon - Fri 10am - 10pm, weekends 2pm - 10pm and bank holidays 2pm - 5pm

Child Line 0800 1111
Available 24 hours a day, 7 days a week

Kooth Online Support www.kooth.com
Available Mon - Fri 12noon - 10pm and weekends 6pm - 10pm



Sussex Oakleaf is a Registered Society with charitable status FCA No. 27984R

www.sussexoakleaf.org.uk



Youth Mental Health Support

Free & confidential support for people aged 16 to 25 in Crawley, Horsham & Mid Sussex

Be OK

is a free mental health service for people **aged 16 to 25**. We provide confidential support which **promotes independence** and helps to **build resilience**.

We can offer support if you are aged 16 to 25, living in Crawley, Horsham or Mid Sussex and are:

- Worried about your **mental health** and need **advice** or **information**
- Have a **mental health diagnosis** and need help learning to cope
- At **college** or **university** and **struggling** with your **mental health**
- Moving from **Children and Young People** mental health services to adult services

We can help you to get ahead in life by **learning to cope** with your mental health, **learning new skills** and **gaining confidence**.

We offer a range of support such as:

- **One to one support** from one of our Recovery Workers to help you achieve your goals
- Groups and activities to **learn new skills** and **meet new people**
- Support to move into **work, volunteering** or **education**
- Support from **Peer Mentors** who have **personal experience** of living with mental health problems

Get in touch and **start your recovery journey** today. Email, text or phone us to take the first step:



Crawley & Horsham

01293 534782

Mid Sussex

01444 416391



Text

07850 642968



Email

sussexoakleafreferrals@nhs.net



Facebook

@soakleaf or search for Sussex Oakleaf



Twitter

@sussexoakleaf

**HELPING PEOPLE
SURVIVE CRISIS AND
RECOVER CONTROL
IN THEIR LIVES**

