

Neighbourhood mental health

Neighbourhood based support

Support is organised around local neighbourhoods, each led by a Neighbourhood Lead working with local partners.

East Brighton

West Brighton

Central Brighton

Lewes

Wealden

Eastbourne

Rother

Hastings

What support is available

The same core support is available in every neighbourhood.

Facilitated peer
groups

Social space

Welcome sessions

One to one
support

Education and
learning

Employment
support

Crisis support

Where support happens

Support is delivered locally within each neighbourhood.

Wellbeing hubs

A consistent local base for one to one support, groups and social space.

Community venues

Additional sessions delivered in local settings to improve access.

Working in partnership

Delivered alongside Neighbourhood Mental Health Teams, NHS services and community partners to support joined up care.

Find out more at:
www.mhredesign.org

