

STAYING WELL CRAWLEY

Staying Well, Crawley is an open, empathic, non-judgemental service for individuals who would benefit from mental health support.

MAKING RECOVERY REALITY

Richmond Fellowship is a national mental health charity making recovery reality for thousands of people every year.

We provide a wide range of services including residential support, supported housing, employment services, community support and crisis support.

Richmond Fellowship is part of **Recovery Focus**, a group of charities with the shared aim to inspire individual recovery.

  @rfmentalhealth



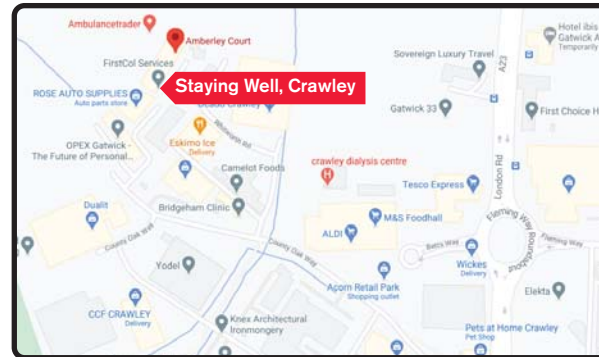
CONTACT US

If you need support with your mental health anytime between **5pm-11pm Mon to Fri** and **3pm-11pm weekends** and **bank holidays**, 365 days a year, please contact:

A: Arundel House, Unit 1 - Ground Floor, Amberley Court, Whitworth Road, Crawley West Sussex, RH11 7XL

Free parking is available on site.

Bus routes to County Oak Retail Park: 100, 200, 4, 5.



T: General enquiries: 07920 387 274
(available 9-5pm Mon-Fri)

E: [CrawleyStayingWell@
RichmondFellowship.org.uk](mailto:CrawleyStayingWell@RichmondFellowship.org.uk)

V: [https://nhs.uk/
pathfinder-mid-sussex-and-crawley](https://nhs.uk/pathfinder-mid-sussex-and-crawley)

W: [www.richmondfellowship.org.uk/
crawleystayingwell](http://www.richmondfellowship.org.uk/crawleystayingwell)

Visit us on Facebook [@CrawleyStayingWell](https://www.facebook.com/CrawleyStayingWell)

Company Registration No. 662712
Registered Charity No. 200453

Leaflet version: 1
Due for review: Sept 2021

STAYING WELL CRAWLEY



MENTAL HEALTH CRISIS PREVENTION


Sussex Partnership
NHS Foundation Trust

**RICHMOND
FELLOWSHIP** 
MAKING RECOVERY REALITY

HOW WE CAN HELP

If you're struggling with your mental health and need support outside normal working hours, **Staying Well, Crawley** is here for you.

Get help and advice from professionals in a safe, relaxed and friendly environment. We also provide support for carers, who may need support with their own mental wellbeing due to the pressure of caring for someone with episodes of mental ill-health.

Staying Well, Crawley is run in partnership by Richmond Fellowship and Sussex Partnership NHS Foundation Trust.

The service is appointment only and you can refer yourself or be referred by someone who supports you.

The **Staying Well** service is located at:
**Arundel House, Unit 1 - Ground Floor,
Amberley Court, Whitworth Road, Crawley
West Sussex, RH11 7XL.**

We are open **5pm-11pm Mon to Fri** and **3pm-11pm weekends and bank holidays**, 365 days a year, to adults over the age of 18.

The easiest way to make an appointment is to visit: www.richmondfellowship.org.uk/crawleystayingwell. If you don't have access to the internet you can call the service directly on: **07920 387 274**.

Ordinarily the service is a drop in service, no referral or appointment is necessary. Due to Covid restrictions we must operate an appointment-only system at the moment.

Please call **07920 387 274**
or email **CrawleyStayingWell@
RichmondFellowship.org.uk**
to book your appointment.

Attend Anywhere

Whilst Covid restrictions are in place, if you are unable to travel or prefer not to, you can also use our secure video call service called '**Attend Anywhere**'.

With this video service you will be able to see and talk with a recovery worker who will provide tailored support to meet your needs.

The Attend Anywhere video service is an opportunity to virtually meet and get to know our staff, who look forward to meeting you in person when Covid restrictions are eased.

You can access Attend Anywhere here:
<https://nhs.vc/pathfinder-mid-sussex-and-crawley>

SUPPORT WE OFFER

At **Staying Well, Crawley** you will be supported by Richmond Fellowship recovery workers who will work with you to identify your needs and help to make a plan to support you.

Volunteers with lived experience and a Mental Health Practitioner from Sussex Partnership NHS Foundation Trust, will also be available to anyone requiring immediate clinical support from Secondary Mental Health Services.

Some of the support the service can offer:

- › Managing anxiety
- › Making a crisis prevention plan
- › Stress management
- › Managing your wellbeing
- › Managing depression
- › Challenging negative thoughts

We will also provide you with information and advice about other services that can support you in your area, to help you stay well at home.

