



healthinmind

1 in 4 people in the UK will experience a mental health problem each year.

It is not unusual to experience symptoms such as stress, anxiety and depression.

Health in Mind is a free NHS service for anyone in East Sussex* experiencing these kinds of emotional or psychological difficulties.

(*Excluding Brighton & Hove)



For all general and non urgent enquiries, please use the email address provided.

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<https://www.healthinmind.org.uk/>