

Eastbourne Emergency Contacts

AA National Helpline	0800 9177 650	help@aamail.org
CGL Lift House	01323 410092	
Drink Line	0300 123 1110	
Citizens Advice		www.eastbournecab.co.uk
Frank (Drug Helpline)	0300 123 6600	frank@talktofrank.com
Health in Mind	0300 0030 130	spnt.healthinmind@nhs.net
Homeworks	01273 898 700	referrals@home-works.org.uk
Lifeline	0808 8000	
Mental Health (St Mary's House)	01323 747207	
Mental Health Team	0300 5000 101	
NA Helpline	0300 999 1212	
NHS Direct	111	
Samaritans	116 123	jo@samaritans.org
Southdown	01323 405330	eastbournewellbeingcentre@southdown.org
Winter Night Shelter	07932 407730	