

Contact our service

Survivors of Suicide (SOS)
St. Richards Community Centre
Egmont Road, Hove
East Sussex BN3 7FP

Phone 01273 70 90 60
Fax 01273 23 53 90
Email sos.mendos@rethink.org

Confidentiality

We believe in respecting and maintaining confidentiality. We will not share personal information unless we have your permission or we have a duty of care.

Diversity and equality

Rethink Mental Illness is committed to equality. We will strive to meet the needs of people affected by severe mental illness from all backgrounds, to eliminate inequalities in all aspects of our work, to become fully representative of the diverse communities in the country and to tackle the discrimination people experience because of race, gender, disability, sexual orientation, religion or culture.

Community Roots is provided by Southdown in partnership with 15 local mental health providers, NHS Brighton and Hove CCG and Brighton and Hove Council.



About Rethink Mental Illness

Rethink Mental Illness is a charity that believes a better life is possible for millions of people affected by mental illness. For more than 40 years we have brought people together to support each other. We run services and support groups that change people's lives and challenge attitudes about mental illness.

We directly support almost 60,000 people every year across England to get through crises, to live independently and to realise they are not alone. We give information and advice to 500,000 more and we change policy and attitudes for millions.



Leading the way to a better quality of life for everyone severely affected by mental illness.

For further information on Rethink Mental Illness
Phone 0121 522 7007
Email info@rethink.org



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BRIGHTON
AND HOVE

MENDOS

Support, information
and advocacy for people
with mental health
challenges who are
involved with the criminal
justice system.



What is MENDOS?

We support people who are involved in the criminal justice system whose risk of re-offending is connected to mental health.

We offer listening support, information, signposting advocacy and psycho-social support to help manage your mental health with a view to reducing re-offending and help rebuild your social networks and access community services.

One-to-one and peer support groups can help to reduce offending and learn positive mental health recovery options.

We work with people who are on probation, going through the courts, or have recently been released from prison or discharged from secure psychiatric hospitals.

Feedback from those who used the service:

“I liked that they made appointments around your time and also met in the community as well.”

“I was in a very bad way but now I am stable thanks to the support I received.”

“I feel this helped me help myself.”

“I felt the help and support for me was great. They just treated me as a person who needed support at that time.”

What we provide:

Our service helps you get back into the community after discharge from probation services or prison. Through joint working with other partners and services locally.

We can provide a range of support. This can include:

- Connect with you through 12 weeks one-to-one support.
- Information about your rights.
- Support your learning through education, training or volunteering opportunities.
- Support you in being active with information about debts and housing services.
- Statutory benefits and grants.
- Give you self-help and coping strategies.
- Get you advice and signpost to appropriate services relating to your medication diagnosis and other treatment.
- Take notice of your needs and provide opportunities to be trained as a mental health recovery champion.

The service assists you by accessing general community services and activities. The service targets those with criminal backgrounds and have mental health challenges.

Referral criteria:

- You have a referral by a professional who is working with you. For example: Probation Officer, Prison Worker, Social Worker, CPN or a Support Worker.
- You are over the age of 18.
- You are a resident of Brighton & Hove East Sussex.
- You are living with an ongoing mental health problem.

Additional information:

- MENDOS is independent. It is not part of court or probation services.
- MENDOS is a user focused confidential support service.
- The professional referring you will share information with us. You will need to provide consent for information to be shared with us.
- We can not always offer a service to everyone who is referred but we may offer recommendations.
- Due to the high demand of the service we operate a waiting list, which takes approximately one to three weeks.

