

We need your help!

mental health awareness survey

Churches are beginning to slowly re-open and people to venture out. Together in Sussex supports those struggling with their mental health and wellbeing. Pre-existing problems are likely to have increased in severity during lockdown, which will have created new anxieties for many. We've all had different experiences and ways of coping during lockdown.

What information and resources would help you and help you to help others at this time? We would like to hear from you. Anyone can complete this survey – please share as widely as possible. When completed please return it to:
elle.weaver@togetherinsussex.org.uk

Topic	Yes/No	Comment
How to manage depression
How to manage anxiety
How to manage stress
Supporting yourself and others
Signposts to other organisations
Anything else?