



news release

09 December 2025

Grants now open to help improve mental health in West Sussex UPDATED

West Sussex County Council's Public Health is inviting local organisations to apply for one-off grants of up to £5,000 to support mental health and help reduce the risk of suicide in adults. Applications open on 9 December 2025 and close at 23:59 on 12 January 2026.

We are looking for community-based projects that help people connect and find support. For example, wellbeing activities run through sports clubs, peer groups such as walking groups, community sessions like football or gardening, and training for community leaders to recognise distress and signpost to help. These grants are designed to strengthen community-led projects that meet people where they are.

Local Voluntary, Community and Social Enterprise (VCSE) organisations, and formally established, public bodies that deliver public or government services, can apply. Projects must take place in West Sussex and support people aged 18 and over.

This work is guided by the [West Sussex Suicide Prevention Framework and Action Plan 2023–2027](#), which focuses on earlier support, reducing stigma, and strengthening connections between communities and services.

Cllr Bob Lanzer, Cabinet Member for Public Health and Wellbeing, said: "By supporting local organisations and communities, we want to continue to reduce stigma, improve health outcomes for our residents, and ultimately save lives. I encourage eligible groups to apply and bring forward creative, compassionate projects that offer people the support they need, within their local community."

To read the full guidance on the grants, including who can apply, what we can fund, and how to apply, please visit our page: <https://www.westsussex.gov.uk/campaigns/suicide-prevention-community-grants/>

Decisions will be shared by the 24 February 2026. Funds will be released in March 2026.

Projects should be delivered within three months of funding (between 25 February and 29 May 2026), with a short evaluation due within six weeks of completion (latest 10 July 2026).

This programme supports the West Sussex Suicide Prevention Framework and Action Plan 2023–2027.

For further information please contact the news desk on 0330 222 8090 or email pressoffice@westsussex.gov.uk.

For urgent out-of-hours enquiries please call 07767 098415.



[Click to Unsubscribe](#)